

The New View

Volume 3 No. 1

November 4, 1994

Mount St. Mary's College



The Transfiguration Choir captivated members of the Mount community on Horizons Day.

Sports vs. Smart Bodies

• Move Over Sports, Here Comes Smart Bodies!

by Maria Pardo
New View contributor

The Mount St. Mary's College Administrative Council, in an effort to better meet the needs of students, finalized a decision that would eliminate intercollegiate sports on campus, but would integrate a new fitness and wellness program that could serve a greater part of the student population.

Kari Wolfe, director of Athletics, said that the three intercollegiate sports—volleyball, tennis, and cross country—will no longer be sponsored by the College. However, she said that there is a possibility of these sports existing at a club level in which students would fund, organize, and seek athletic activities.

According to Wolfe, this decision has a long history which goes back to the 1988-89 academic year. During this time a review of intercollegiate sports was conducted. The final decision made then was to maintain

the intercollegiate sports program for five more years and then review it once again.

Dr. Jane Lingua, dean for Student Affairs and a member of the Administrative Council, said that the Athletic Advisory Board, which came into existence five years ago, undertook a study last year to evaluate the athletic program.

"After reviews of surveys and evaluations it was concluded that we were meeting the needs of very few students through the intercollegiate athletics program. If we took the same resources, we could meet the needs of a large number of students through a total health, wellness, and fitness program," Lingua said.

Lingua also said that she is very enthusiastic of this new emphasis, which led to the creation of the Smart Bodies program. "I am very much in support of the new direction. I believe that we want all of our students to benefit from this program," Lingua said.

The Smart Bodies program, which was introduced this semester, is a series of services and programs offered to all students, faculty, and staff that provides wellness and nutritional assessment and fitness programs, Wolfe said.

Some of the fitness programs offered target specific interests such as the Walk Smart and the Bike Smart programs.

"Our motto is 'Mind Your Body', meaning that we can do so much better as students and productive people in our community if we are healthy," Wolfe said.

Despite the implementation of the Smart Bodies program and the decision made earlier this year, the possibility of the return of intercollegiate sports could occur after construction of a recreational facility and after another review process.

"Currently the Board of Trustees and the Regents are very interested in looking at the benefits of building a multipurpose recreational facility," Wolfe said. "Once the study is completed and the feasibility of the project is determined the next step would involve raising the funds for the construction."

Wolfe, who has been at MSMC for five years, said that she definitely supports the decision made, but she is still saddened by it because when she came to the Mount one of her main goals was to make the intercollegiate program work.

Please see Sports, p. 4

Music at the Mount

- Horizons Day 1994 explores culture through music.

by Maricella Perez
staff writer

Once again, faculty, students, and staff gathered on September 28 to celebrate Mount St. Mary's Horizons Day.

This year's celebration explored African American culture through music.

The celebration took place at Carondelet Center Chapel with 250 people.

According to Sister Teresita, this year's event was different from other years because there was an actual performance. In the past, there has always been discussions or lectures. Sister Karen M. Kennelly, president of MSMC, welcomed and thanked performers, faculty, students, and staff for helping to make this event possible.

Following the President, Sister Teresita advised everyone to observe cultural rituals and examine how it can be expressed through music. Also, every culture has its own unique expression through fine

arts. Sister Teresita said, "the expression is very exciting, rich, and appealing."

Faculty, students, and staff joined in the celebration by standing and clapping when the choir sang, "Let it Shine."

Sister Teresita believes students do not need to be musically inclined to appreciate music, but thinks they are the most sincere and enthusiastic audience.

Marie Anne Legaspi, senior nursing student, felt the music contained the essence of African American ritual(s). Legaspi said, "In the (African American) culture, God is central, being present in their rituals from birth to death, and the music captured that feeling of praising God." Miss Legaspi enjoyed seeing both the Doheny and Chalon campus coming together through music.

The Transfiguration Choir ended the celebration with the song, "Oh Happy Day."

Lastly, Sister Teresita thanked everyone for attending. She said, "the program showed a real eagerness to be open to the riches of the cultures that make up our global village. They open these riches by celebrating one another and working for a common good."

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Highway of Information

• Electronic mail will increase communication options for Mount students

by Catherine M. Bejerana
New View contributor

"E-mail," which stands for electronic mail, has been a popular form of accessing information both domestically and globally.

According to Library director Claudia Reed, "E-mail is the communication between two computers."

By enabling a computer user the ability to send messages, E-mail has become a popular form of communication for students around the country.

Students from other campuses enjoy the privileges of having a comprehensive network at school.

Although students at the Mount do not enjoy such privileges currently, E-mail is projected to be available in a couple of years, according to Rob Thies, director of Computer Services.

Thies explained that "at present, we do not have the phys-

ical connection" to implement such a system.

Thies and Reed are trying to find effective ways to implement E-mail by using the library as a starting point.

Already, Reed is trying to create an effective network within the Chalon and Doheny libraries.

According to Thies, this will enable the Mount to have a standard on which future implementation would be based.

For Mount students who are interested in utilizing a network sooner, there are ways to do so.

Thies and Reed noted that students are able to individually contract with a network system such as Compuserve, America On Line, Internet, and Prodigy. In order to do so, the student pays for an account.

"An account is necessary because it links computers together," said Reed.

Depending on the network, students can enjoy the services that are offered. For example, Reed demonstrated

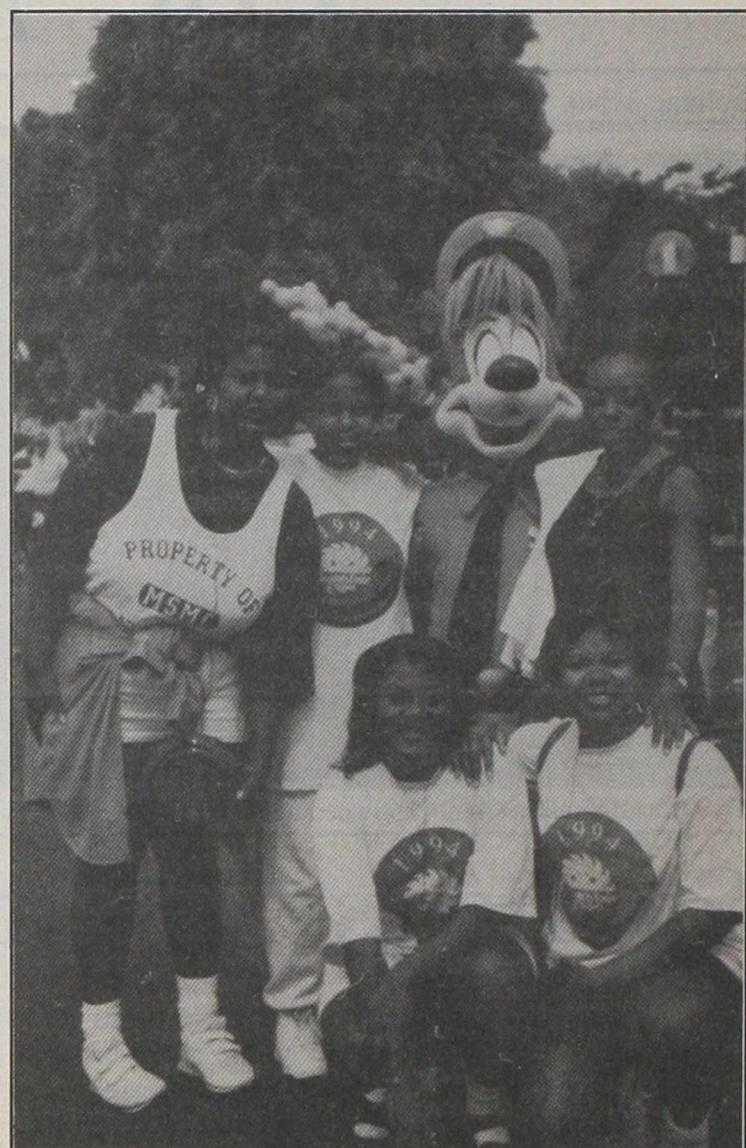
how Compuserve enables the user to have access to different databases which provide weather reports or breaking news. Some databases are especially useful when a student wishes to get a hold of an article in past journals that is not readily available on campus. However, some of these services are require additional fees.

Some Mount students already are connected to networks.

For example, Diane Van Houten is a lifetime subscriber to Dreamscape, a local network. With Dreamscape, Van Houten is able to communicate with her friends and play games.

Another student has Prodigy, which she uses for research and shopping.

Another option is to join the L.A. Freenet system which costs ten dollars a year. It gives the user an E-mail account as well as access to community based bulletins.



What's in a name? AACW members and a fan at Earthwalk '93.

Recognized Clubs and Organizations 1994-95

Accounting Association
African American Council of Women
Alcohol and Sub. Abuse Prevention
Alpha Tau Delta
Asian Pacific Affiliation
Calif. Nursing Students Association
Dramatic and Music Arts Club
Guamanians United At the Mount
Int'l Relations and Organizations Club
Kappa Delta Chi
Le Club Francais
MSMC Mathematics Council
Pi Theta Mu
Pre-Law Union of Students
Psi Chi
Students in Free Enterprise
Tri Rho
Vietnamese Culture Club
Women Advocates for Knowledge and Empowerment

Mount St. Mary's Club Corner

by Karen Jimmons
staff writer

*"I've never heard of that club."
"I can't join that club, I'm not African-American."
"I hate numbers, and I am not an accounting major."
"A sorority is just not for me."
"I'm not rich!"
"My GPA is not high enough."*

Do you find yourself making comments like these when you think about joining a particular club or organization?

Were you ever interested in a club, but did not join because of its name or rumors?

If the answers to these questions are "yes" and the quotes above sound familiar, then answer one last question: have you ever heard the phrase, "Don't judge a book by its cover?"

This seems to be the attitude of many students at the Mount. Students find themselves not joining a club due to criteria they feel

they must attain to become a member.

All clubs and organizations at the Mount practice a non-discriminatory policy, which means a student cannot be rejected because of race, sex, religion, etc. However, not all clubs are an exact representation of their names.

Many Mount students say that, "sororities are not me." Kappa Delta Chi, a 65 year old social sorority on campus, offers more than a "typical" sorority.

The Kappas believe in training women to be leaders, and are currently in their second year of community service.

Melanie Caienza, president of the sorority says, "It's not all about partying. Yes, we have our fun, but there is more to Kappa Delta Chi. We consider ourselves to be very professional women and try to instill in each member a leader mentality. We are only guilty of upholding 65 years of tradition."

"Though we promote and focus primarily on African American issues, we welcome and applaud any one of non-African American heritage to join," says Mary Jefferson, chairperson of the African American Council of Women.

AACW is just one example of the ethnic clubs whose membership is open to all students at the Mount.

AACW tries to balance its calendar with a variety of social activities as well as community service on and off campus, while striving for academic excellence.

One of its major fund-raisers, the annual Soul Fest, took place this semester. It is one example of the club promoting African American culture. AACW is also developing a food and clothing drive to aid Campus Ministry's efforts.

The Accounting

Please see CLUBS, p. 6

Travel Abroad Opens Doors

by Maria Murrillo
New View contributor

Traveling to a country other than your own allows you the opportunity to see the sights and sounds of a different culture. Living in another country lets you experience something totally different.

Imagine sitting at an outdoor cafe after your morning class, sipping on black coffee and snacking on pastries. Or in the evening at a bar, drinking wine with your professor and classmates, sampling famous "tapas" in a traditional Andalusian style inn, called a "Carmen." Maybe even discover a tea place, a "teteria" in the old section of the city, the Albayzin (ancient Arab quarter).

Eating and socializing go hand in hand in Granada, Spain,

the land of flamenco dancers, fiestas, tapas bars, and discos.

I had the opportunity to study at the university of Granada, which is the third largest in Spain, representing a fifth of the total population.

The city of Granada overflows with beauty and art. The university, numerous musicals, dances, and theater functions make the city a genuine festival.

The gorgeous site of the Alhambra, a relic of Spain's Moorish past, sits high on a ridge of wooded hills. This province is an enchanting land of contrast. Nearby, one finds fine sand beaches, the peninsula's highest peak (the Mulhacin), and the ski resort of Sierra Nevada.

Festivals play a major role in Spanish life. Each city and region has its own special fiesta,

including processions during Holy Week, fireworks, dancing, the wearing of the regional costume, and bullfights.

In Granada, Spring is welcomed with Flamenco dancing, poetry reading, and the Day of the Cross. The traditional meaning of this day is to ask God for a successful planting season. Today it has turned into a city-wide fiesta where people dress and dance in the traditional Andalusian style.

The city is filled with decorated crosses at different locations and next to them are stands selling "pinchos" (shish-kabobs) and "fino" (sherry).

On weekends, discos and bars are packed with students. "La Marcha" goes on from midnight to day break on a street that is closed to traffic during the

weekend nights.

With all these fiestas, when do students study? Students must not forget about school and make time to study; there will be a lot of free time. European professors will not remind students when work has to be turned in. Students must work independently and develop good study habits because final examinations determine the end results.

When important soccer teams play, local bars are crowded with fans watching the matches on t.v. Bullfighting, a popular attraction, is considered more an art than a sport.

Many Spaniards enjoy going to movies, watching t.v. with the family, going to cafes to discuss ideas or events, playing cards, or just going to the park.

The Spanish are generally friendly and individualistic, and very concerned with the style and quality of clothing.

The family is also important. The father is traditionally the undisputed head of the home. The wife is responsible for the care of the house and children. These attitudes are changing, but still play a key role.

Students have the opportunity to go on excursions to a nearby town or city of artistic or cultural interest, such as Seville or Cordoba. A longer excursion may be to Salamanca which has one of the oldest universities in Europe, or to Segovia, where the Roman aqueduct still stands. The options are endless.

No matter what country students chose it will be a wonderful and gratifying experience!

Six women with very different lifestyles and personalities held together by one common bond - they are sisters.

Loretta Contreras, Pauline Fletcher, Angel Nagar, Toby Neperman, Laura Vaughn, and Jennifer Yacawych star in D.M.A.C.'S production of "Belles," written by Mark Dunn and produced with a special arrangement with Samuel French Inc., November 18-20.

Contact Angel at 310-476-3756 for more information or to order tickets.

The New View

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Mount St. Mary's College

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CAN WE TALK?

"Can we talk?" is a new feature in The New View. Members of the Mount community can write to "Dear Flo" for free advice. Submissions to "Can We Talk?" can be sent to box 52, c/o the New View.

Dear Flo:

My problem is an old and simple one. I seem to be giving in to the negative comments people tend to say about me. For instance, I hear all the time, "you'll never learn," "you're stupid," and my favorite, "You are a failure." I am getting to the point where I no longer care if they are teasing or serious. I only know I am starting to believe them.

Signed,
I know my name is not stupid

Can we talk?

I am glad you realize your name is not stupid and if you remember, "God doesn't make junk," you'll go a long way.

Don't let them get you down. Something my mother used to say to me was, "You shouldn't worry when people do talk about you; worry when they stop. Because as long as they talk about you, you know you have something worthwhile going for you."

Also read In the Company of my Sisters. Julia Boyd has an equation to raise one's self esteem and I hope it works for you:

Clear direct message + Supportive message + Repetition = Positive personal beliefs

Mount Supporters

by Maricella Perez
staff writer

Several Mount St. Mary's College students and 200 other people participated in the second annual Baby Jesse Walk-a-thon at Rosemead High School on Saturday, October 1.

Baby Jesse is the "little angel" who was born on May 25, 1986, with a fatal defect known as hypo-plastic left-heart syndrome, and was the fourth infant to be granted a donor heart. On May 20, 1993, he re-entered the hospital and on June 16, he was given a second heart transplant.

On July 6, Baby Jesse's body began to reject his new

heart. Finally, on July 16, he was removed from life support.

This annual event was started after the death of Baby Jesse by family members. Senior Jesse Sepulveda strongly believes this fund will benefit other transplant children when the Baby Jesse House is built.

The house will provide the transplant patient's family a place to stay while the child undergoes surgery and receives post-operative care.

Allison Hopper, President of the Baby Jesse Heart Fund, said, "this fund-raiser makes me feel good and proud of being (the fund's) President."

Registration began at 9:00 a.m. while special guests,

Kim Baldonado (KCAL-Channel 9), David Garcia (KTTV-Channel 11), Patrick Healy (KNBC-Channel 4), and Michele Ruiz (KTLA-Channel 5) welcomed walkers.

Patrick Healy, a special guest, welcomed walkers for the first time. He said the fund was a good way to help children, but believes the Baby Jesse House will be a benefit to the parents as they wait for their child to get his or her transplant.

According to Kappa Delta Chi's sorority pledge mistress, Molly Blaauw, the

Please see **Supporters**, p. 6



Kappa Delta Chi members at the Baby Jesse Walk-a-thon.

Students Give the Greatest Gift

by June Carino
staff writer

Out of the Mount St. Mary's College graduating class of 1994, 72% said they volunteered at least once during their college years. Compared to other colleges and universities, the percentage is high.

Volunteering is very different from a job. It is a gift of time and energy. People always say, "give your time and effort to a worthy cause!" Here at the Mount it is very possible.

Campus Ministry offers a wide range of opportunities to volunteer. Some programs and activities offered include: social justice and community service, liturgical ministry, bible study, retreats, and care for other members of the Mount community.

For the past 3-4 years, students have come together once a week to feed the homeless surrounding the Santa Monica Pier. Mount volunteers and members of Pi Theta Mu created an atmosphere of kindness and commitment.

Campus Ministry sponsors weekly Sunday Masses with the help of volunteers.

From singing in the choir to greeting the assembly with worship aides, there is always something to be done.

For the person interested in retreats and religious conferences, there are numerous activities going on throughout the year. Stop by the Campus Ministry Office on the first floor of the Humanities Building.

The Leadership Office provides co-curricular activities related to leadership development and individuals seeking leadership based internship opportunities.

A new program based on volunteer help is President Clinton's AmeriCorps. This program is a national service program, now open to U.S. citizens or legal residents who are at least 17 years of age and meet certain requirements.

Volunteers can choose to commit to one or two years of service in fields such as education, health, and housing for the poor, police work, and environmental protection.

In exchange, volunteers can receive a \$7,500 stipend, medical benefits and an educational grant of \$4,725 for each year served.

AmeriCorps offers young people more challenge and responsibility than the typical first job.

The Leadership Office has information for anyone interest-

ed in joining AmeriCorps or for anyone exploring their options. Stop by the Leadership Office today and seek the necessary materials to volunteer in a specific leadership based major.

Volunteer opportunities are available for individuals seeking experience in specific fields and majors.

The Career Planning Office provides volunteer opportunities and internship listings. There is a bulletin board directly across the office listing opportunities for the student interested and dedicated enough to take the first step: ask questions!

The average Mount student is definitely not limited to these offices to grasp volunteer based opportunities.

There are numerous clubs and organizations that constantly sponsor volunteer based activities. Students in Free Enterprise (SIFE) establishes and directs student-generated free market education programs on campus and in local communities. Pi Theta Mu members are committed to serving various organizations at the Mount by their volunteer services.

Stop and read flyers and posters. There may be an opportunity coming soon!

Sports: Smart Bodies Program Prevails

Continued from p.1

athletics.

Samantha Xamountry, a member of the cross country team, said that despite the sadness she feels about the cancellation of intercollegiate sports, she will always remember and treasure the self-esteem she gained from being a part of the team and representing Mount St. Mary's College.



Campus Ministry students coordinate a variety of service projects.

Infusing Diversity at the Mount

by Karen Jimmons
staff writer

At Mount St. Mary's College the pursuit of education is a common goal. In the process of striving toward this goal the differences in languages, customs, and beliefs are often misunderstood, and can create tension.

Because of these differences, the Mount put forth the effort to infuse multiculturalism into the curriculum. The institution knew it was important to initiate the first step.

This led the Curriculum Committee to develop criteria for multicultural classes. These classes were later designated as the "M" classes, indicating the incorporated multiculturalism. A list of these courses can be found in the 1994-95 Schedule of Classes. If this incorporation is successful, administration, faculty, staff, and students will come to treasure and respect the riches of each culture.

Upon receiving grant money, the Mount was able to begin the process. The Multicultural Advisory Council, consisting of twelve members of the administration and faculty, produced the Multicultural Outcome Statement.

The Advisory Council spent one year developing this statement, which became a way to measure how well students accomplish each goal.

In Spring 1994, the Council produced the finished product.

Under the leadership of Stephanie Cubba, director of Institutional Research and Assessment, a forum was held on each campus to discuss the Multicultural Outcome Statement.

The statement addressed specific goals a Mount student should reach upon graduation. These goals suggested that as a graduate, one will have developed a comprehensive view of culture and its elements and knowledge of issues from a different cultural perspective. Students will have gained a "greater understanding of their own culture and of the diversity that is present within and among cultures."

Students at the Doheny campus felt multicultural infusion in the classes was "good," but outside the classroom students still grouped in their "cliques." The Council concluded that students needed tools they could use cross-culturally to apply to their daily lives.

At Chalon, there was consensus among the students at the forum that multicultural infusion was not enough.

Students wanted courses that would study culture in depth. There was also a desire to learn about other cultures in addition to their own.

The quest to infuse multiculturalism into the Mount community is still on the agenda. To keep the hope alive, Stephanie Cubba quotes inspiring words used in writing the Hewlett grant: "There is unity in diversity; while we need to celebrate our differences, we also need to unite."

A Selection of 'M' Classes Offered in 1994-95

- ART 173 (M) Multiclt & Visual Arts (C)
- BUS 140 (M) Women's Issues: Bus & Econ (C)
- EDU 160A (M) Second Instruct (D)
- ENG 26 (M) Lit of Amer. West (D)
- HIS 25 (M) Cultural & Histor Geo (C)
- POL 2 (M) Comparative Govt. (C) (D)
- MUS 6 (M) The Fine Arts: Music (C)
- PHI 21 (M) Moral Values (C) (D)
- PSY 113 (M) Learning: Child & Adolescent (C)
- SPA 140 (M) Contemp lit Hisp Amer

Where's the President?

by Jean Day
staff writer

The Mount kicked off the 1994-95 year without a student body president. This is the first year the Associated Student Body has not had someone to serve as the President.

Out of the 20 students questioned, three were not aware that there is no president.

Two students were outraged, and felt that it showed a lack of participation on the part of the students at the Mount.

The other four students felt that not having a president didn't matter as long as the vice-presidents can get the job done.

The last ten interviewees were asked if they would consider running for the ASB presidency. No one was interested, because they all felt that it entailed too much

responsibility.

One student, Hortensia Garcia said, "Between going to class and studying, there's no way I could govern the whole student body."

There are some benefits to being president. According to Doheny's newly elected president, Sunnie Schwass, "You learn a great deal about responsibility and working with others. You are also challenged and forced to learn good communication skills."

Schwass also said that participating in the election process can also be fun as well.

Dr. Cheryl Mabey, director of the Leadership Office, said, "The qualities that make up a leader vary, but people who take advantage of the experience and the opportunities given to them will take the most from the experience."

Tracy Poon, director of Student Activities at Chalon, is available to help students decide if ASB is right for them.

ence!"

Every Spring, Chalon begins its search for new ASB members. Anyone that has the qualifications may participate in the process.

People seem to hold varied opinions on whether not having a president affects the Mount or not.

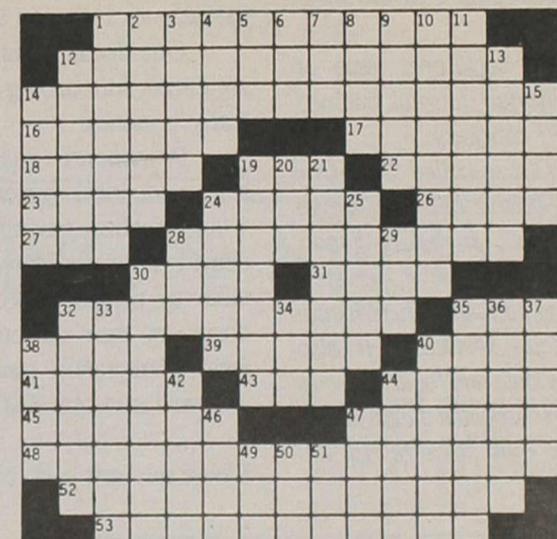
The one main point stressed by the majority of students is that whomever is in charge should get the job done effectively.

There are ways to find out if the job is for you. Take a long look at your skills and abilities, and potential.

Tracy Poon, director of Student Activities at Chalon, is available to help students decide if ASB is right for them.

There just might be a position with your name on it!

Can you solve this crossword puzzle?



© Edward Julius

ACROSS	DOWN
1 Where one might study Andy Warhol's works (3 wds.)	41 "...not with ___ but a whimper."
12 Enrolls into college	43 Return on investment (abbr.)
14 Calcium Made Simple, e.g. (2 wds.)	44 Pondered
16 Evaluate	45 Belonging to Mr. Starr
17 Extremely small	46 Part of the class - fieds (2 wds.)
18 Follows a recipe direction	48 Possible place to study abroad (2 wds.)
19 Belonging to Mr. Pacino	52 Small school in Canton, Ohio (2 wds.)
22 Of land measure	53 Orson Welles film classic (2 wds.)
23 Meets a poker bet	54 Well-known record label
24 Gay (W II plane)	55 Well-known king
26 Capri, e.g.	56 Prefix meaning milk
27 Belonging to Mayor Koch	57 Confused (2 wds.)
28 Irritate or embitter	58 Husky
30 Train for a boxing match	59 Most immediate
31 and the Belmonts	60 Like a sailboat (2 wds.)
32 Processions	61 Cash register key
35 Diet supplement (abbr.)	62 En (as a whole)
38 Scottish historian and philosopher	63 Auto racing son of Richard Petty
39 College in Greenville, Pa.	64 Actress Gibbs
40 The Venerable —	65 African antelope
	66 Well-known TV band-leader
	67 Pince- (eyeglass type)
	68 Station Zebra"
	69 Ryan's Express"

The solution to this puzzle is printed on p.6

Be a Part of the Team!

Write for The New View.

Staff writers and contributors meet every Monday from 6:00 - 8:00 p.m. in H207

Shape Up or Ship Out!

by Jean Day
staff writer

Attending college can be demanding and strenuous. It seems as though students survive on a 26 hour day.

This is the perfect excuse for students to skip meals and neglect their bodies.

How can they get themselves out of this unhealthy rut?

Exercise is a great alleviator of stress, and also beneficial for staying in shape. It can alleviate stress and help you look good at

the same time.

Exercise helps reduce stress in several ways. Working out requires full attention and energy. All problems are forgotten during your workout.

Physical activity also helps to focus attention on a more beneficial aspect of life, and relieve tension from the course of the day.

Shape magazine featured an article recently that discussed how exercise contributes to living longer and possibly prevents

various types of cancers.

The Mount has a fitness facility right on campus.

The Fitness and Wellness Center has trainers that are available for helping students accomplish their fitness goals, whether it is weight loss or muscle-gain.

There are options available for exercise groups depending on an individual's fitness lifestyle.

All students should help themselves feel better and get into shape at the same time!

Healthy Choices

Well, nutrition buffs there are alternatives to snacking while studying.

- Instead of eating a candy bar, which has between 11 and 20 grams of fat, try eating a no fat brown rice bar. They are very tasty and available in the bookstore.
- Another good low fat snack is sunflower seeds. Sunflower seeds are good for you - just be sure to buy the seeds without shells.
- One other alternative is Gerber's baby food. It has no fat and is available in a variety of fruits. Baby food is a popular snack eaten by bodybuilders on a low-fat diet.

Fitness Center

Schedule of Events

Nature Hike	8:00 a.m., Wednesday, Nov. 2, 9, 16, and 30
Tennis Round Robin	5:00 p.m. Monday, Nov. 7, 14, 21 and 28
Walk the Loop	12:30-2:30 p.m., Thursday, Nov. 3, 10, and 17
Ice Skating	5:30-6:30 p.m., Thursday, Nov. 3, 10, and 17
Off-Campus Hike	12:00 p.m., Friday, Nov. 11
	2:00 p.m., Friday, Nov. 18

Got a health or wellness tip you'd like to share?

Send it to
June Day
c/o The New View
Box 52

Support for First Generation College Students

by June Carino
staff writer

"Mom and Dad, tell me about your college days. Give me advice on exploring my options in choosing a college major. What were some curricular activities you involved yourselves with and greatly recommend?"

These are a few examples of what first generation college students cannot ask their parents.

The college experience for anyone is not easy.

For many first generation college student, college looks more like a field of land mines and trap doors.

Mount St. Mary's College can direct all students around the many danger zones of college.

There are various programs and offices on campus to fill this need.

For instance, there is the Learning Assistance Office.

Learning Assistance is an academic support service available to MSMC students.

Services include study skills workshops, peer tutoring in academic areas, writing consultation and other services which individual students may need to meet the academic challenge of college.

This office serves as a

guide for all students. Lynn Pearson is the director and encourages students to stop by and take advantage of the wonderful facilities available to serve students.

The Institute for Student Academic Enrichment (ISAE) goes hand in hand with the Learning Assistance Office.

ISAE is a federally funded student support service project designed to assist students in achieving their maximum potential in higher education.

Services provided to eligible students include tutoring, career and personal counseling, financial

aid information, workshops, and leadership and cultural enrichment activities.

Being a first generation college student is one of the criteria qualifying an ISAE member.

Other qualifications include low income and a physical or learning disability. It only takes one of these to be an eligible candidate.

The Counseling and Psychological Services is directed by Carol Povenmire, PhD.

First generation students can find that counseling provides an opportunity to talk about challenges and stressors, explore feel-

ings, and develop options and plans while in a supportive and confidential environment.

Overall, a person does not have to suffer simply because her/his parents did not attend college.

There are facilities available. All it takes is a phone call or a visit.

Taking a big step in the mine field of higher education can be accomplished.

It is up to individual students to take the initiative and find out more about success at the Mount.

My View . . .

by Andrea Graybehl
opinions coordinator

When I was young, my skin would crawl and my face would pucker at the sight of a tattoo. I subscribed to the erroneous notion that tattoos were vulgar and were "marks of the beast." People who adorned their bodies with designs and symbols were masochistic and perverted.

What kind of person endured excruciating pain in order to have an insignia permanently emblazoned on their skin? Surely those who chose to use their bodies as canvases practiced an odd propensity for torture.

I developed a twisted fascination as to what motivated people to choose to imprint their skin. I discovered that tattoo connoisseurs fall into three categories: first, "chalk up this 'Scooby-Doo' tattoo to a night of inebriation;" second, "I am immortal, therefore I must endure pain;" finally, the third category of tattoo owners remain faithful to the "I am art, art is me" mentality.

When my friend Julie announced that she was treating me to a tattoo to celebrate my journey to college, I reminded her that spending an hour enduring a gun with sharp needles riddling my flesh did not sound very enjoyable. She had been saving for months so that we could get our tattoos together. I mustered up all of the courage I could and agreed to Julie's offer. Besides, my anxieties over my mother's reaction to the tattoo far surpassed the fear of pain.

I decided to get my tattoo at the top of my left thigh. I rationalized that the tattoo would be on a body part that my mother couldn't force me to amputate.

"Stop shaking! You will bleed more if you fidget," the tattoo artist warned. I couldn't help but twitch as I lay down on the cot and closed my eyes. "So...um...what's the pain factor in this procedure?" I asked. "Well, that depends on what you consider to be painful," Tattoo Guy replied. I then rambled on about how I tear at the mention of a paper cut. He cocked his head to the side. "Maybe I should shut the door. Low tolerance cases tend to make a lot of noise." I prayed that "noise" didn't refer to piercing, blood-curdling screams of agony.

The shrill, bee swarm buzz of the tattoo gun rattled my teeth. The sensation was of small, piercing pricks that puckered my flesh.

To my utter amazement, I didn't puke or pass out which are the most common maladies that occur during a tattoo session. I then knew why people got tattoos. To experience such control of pain is a sensation comparable to being recognized as the bravest human, dead or alive.

"Okay. You're done," Tattoo guy said, peeling off his surgical gloves. My leg felt damp. I imagined that the pan that was catching my dripping blood was filled to the brim. I gingerly sat up and took my first glimpse of the art. My half-dollar sized tattoo was a bit puffy, but it wasn't even close to being the battle scar that I had envisioned. "You were a quickie...only fifteen minutes!" the tattoo artist said. My invitation to join the Hell's Angels was null and void.

A week later, my tattoo was forgotten and in my capriciousness, I disrobed in the presence of my mom. When she sucked in almost all of the oxygen in the room, I realized my folly. "What is that on your leg?!" I attempted to fend her off by hugging my robe around me—almost to the point of constriction. "Andrea! You let me see what is on your leg right now!" I knew I was a goner. She inspected the tattoo. We both laughed at the irony of the situation: my tattoo was a Japanese character symbolic of "truth."

Tattoos only seem to offend those who don't have one. Because I formally belonged to the clan that saw people with tattoos and accused them of being freaks or weirdos, I can say that my prejudices were clearly unfounded. Tattoos are an expression of creativity, originality, and spirituality. Not only am I satisfied with my artwork, I look forward to getting another.

**Want to share "Your View" with the campus?
Send Andrea Graybehl a note, addressed to
"the New View, box 52"**

What do you, Rush Limbaugh, and Oprah Winfrey have in common?

YOU ALL HAVE AN OPINION

and we want to hear what you've got to say. If you'd like to be heard, send signed letters and comments to The New View, Box 52.

The New View is now accepting Classified Ads for the November issue.

Best of all . . . it's really inexpensive! Personal classifieds are only \$1 for 2 lines, and "Help Wanted" ads are FREE! Stop by H200 for a Classified Ad agreement today!

Law: Questioning Prop 187

Continued from p.6

annually, based on INS estimates.

The opponents point out that the state and local governments and schools would incur significant costs in the attempt to verify citizenship or immigration status of students, parents, persons seeking health care services or social services, and persons who are arrested.

There would be a potential loss of federal funds - up to \$15 billion annually in federal money for education, health and welfare programs due to conflicts with federal requirements.

The initiatives' constitutionality is severely doubted. Currently, no child is denied public education based on legal residence status. Also, any child living in California may receive welfare or foster care benefits.

There are many reasons

why students and staff here at the Mount are affected by this proposition.

Students of higher learning may act as role models for the community when translating a piece of legislation into action and awareness.

Statistics show that a person with higher education and socio-economic status would be more likely to vote than high school graduates and people with low income.

Evidence toward this claim are the results to a survey taken by the Office of Institutional Research last year. Of the entire graduating class, 59% of registered voters did vote.

Proposition 187 is one of eight propositions on the table this election.

Those registered to vote will not have an easy time in deciding what's best for the state. Going to the polls this November is a right that should not be taken for granted.

The New View

Volume 3 No. 2

November 23, 1994

Mount St. Mary's College

Making a Difference

- ASB and Food Services work together to improve cafeteria food.

by Maria Pardo
New View contributor

"The milk tastes soapy."
"The food is dripping with grease."
"We need low-fat meals!"

MSMC Food Services and the ASB Food Committee, in reaction to complaints such as these, are working towards adapting a variety of changes in the availability, quality, and preparation of food served in the cafeteria.

Monica Ramos, Assistant to the Director of Food Services, said that the changes being made are largely due to comments received from the suggestion box.

"I don't think students realize that their comments in the suggestion box make a difference; most of our feedback comes from this source," Ramos said.

Lee-Anne Makse, junior senator and chair of the Food Committee, said that the Committee was developed in response to complaints that were brought to the attention of ASB.

During its initial stages of development, committee members came together to brainstorm ideas of what they would like to see changed, Makse said.

She said that now they are taking the comments they receive from students and relaying this information to Ramos, who in turn presents this information to the chef, Hamilton Allen, and the Director of Food Services, Ata Shafiyoon.

According to Makse, the Food Committee is interested in acquiring more feedback and more participation from students. "Anyone interested in attending the Food Committee meetings or just giving suggestions can contact the Committee in the ASB office," she said.

Most of the complaints brought to the attention of Food Services dealt with the preparation and the content of food,



Working together: Lee-Anne Makse, Ata Shafiyoon, Monica Ramos and Hamilton Allen.

Ramos said. One specific request that has been brought up is that foods be prepared with low-fat ingredients.

Ramos said that currently food is prepared with light mayonnaise, whipped cream, and vegetable oil. She also said that in addition to this most of the salad dressings available in the salad bar are low in fat. One of

the projects that Food Services will be working on is labeling the low-fat items.

Another complaint brought up by the students dealt with the quality of foods available on Fridays, Ramos said.

In response, menus on Fridays will be revised to meet the needs and wants of students. One of the changes already implemented on Fridays is the addition of a deli section during lunch.

Besides these current changes, several long range plans lie in the future.

One of these changes would involve the creation of healthy choice meals for lunch and dinner that would provide students with a healthy alternative to the other meals available.

Ramos also said that nutritional information such as the

Please see Together p. 7

The Secret Life of D. Gerardi

- Director of Health Services reveals talents other than nursing.

by Karen Jimmons
staff writer

Who would have thought that Health Services employs a lawyer, an ex-comedienne, a blues singer, a contributing editor for a nursing magazine, and a student obtaining a masters degree in Public Health? Who would have thought all these jobs belong to one person - Debra Gerardi.

Originally from New Jersey, Gerardi grew up in Colorado and Nebraska. She has two brothers and one sister. Gerardi attended Creighton University in Nebraska, where

she obtained two Bachelor's degrees, one in Nursing and the other in Biology. In 1992, she received a Juris Doctorate, cum laude, also from Creighton University. At Peru State College, Gerardi was awarded a Bachelor of Science in Education with distinction. Presently, Gerardi is seeking a masters degree in Public Health from UCLA. She will be graduating in June 1995.

At the Mount, Gerardi holds the post of Director of Health Services. In addition, she works at UCLA on the weekend as a staff nurse in the Liver Transplant Unit. Gerardi also serves as the Contributing Editor for the Critical Care Nurse magazine. Outside of work she enjoys skiing, traveling, bike rid-

ing, and scuba diving.

One may wonder why Gerardi didn't continue on the road to becoming a "high powered attorney." The combination of health and law is very important to Gerardi which is why she applied for the position she currently holds. Though she does not practice law, she uses her skills by providing legal services for AIDS patients, through AIDS Project for Los Angeles (APLA). At APLA, she has draft, financial, and medical powers of attorney for those who are physically unable to take care of legal matters or make health care decisions. She also writes wills and living wills for people who are HIV positive.

Please see Secrets ... p. 7

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Women's Colleges Today

by June Carino
staff writer

Hillary Rodham Clinton, Barbara Walters, Molly Ivins, Pearl Buck, and Nancy Kerrigan all have it in common.

They all attended women's colleges. Women's colleges opened their doors over one hundred years ago and enrollment is rising.

Today, there are 84 women's colleges in the United States, located in 25 states and the District of Columbia.

Applications to women's colleges are up 14% since 1992 and enrollment is at a 14 year high of 98,000 students.

Some admissions officers say it is yet another example of the Anita Hill effect.

Others say Hillary Rodham Clinton's Wellesley education caused the recent surge.

Here at the Mount, several students had unique reasons for choosing a women's college.

Karyn Lange is a first year physical therapy student and alumna of MSMC. Lange, who was also a transfer student, noticed it was "very different, transferring from a co-educational setting. Here, women are encouraged to hold leadership positions."

Mary Phan, a freshman health science major, said she "saw statistics showing that graduates of women's colleges were role models in the community." These women were members of the elite group of energetic leaders, what Phan called "rising high

in their communities."

There is some truth to these comments. Of *Business Week's* list of the 50 women who are rising stars in corporate America, 15, or 30% received their baccalaureate degree from a women's college.

A survey of *Fortune* 1000 companies on the gender of their board members found that 19, or less than one half of 1%, were women. Of these women, 36% were graduates of women's colleges.

In addition, 81% of the graduates of women's colleges have continued their education beyond their baccalaureate degree.

A partial list of women's colleges in the United States, listed in order of the year the institution was founded.

1772	Salem Academy, North Carolina
1836	Wesleyan College, Georgia
1837	Mount Holyoke, Massachusetts
1840	St. Mary-of-the-Woods, Indiana
1852	Mills College, California
1854	Columbia College, South Carolina
1871	Smith College, Massachusetts
1873	College of Notre Dame, Maryland
1875	Wellesley College, Massachusetts
1879	Radcliffe College, Massachusetts
1881	Spelman College, Georgia
1883	Seton Hill, Pennsylvania
1889	Barnard College, New York
1891	Randolph-Macon, Virginia
1897	Trinity College, Washington D.C.
1905	College of St. Catherine, Minnesota
1913	Mount Mary College, Wisconsin
1920	Immaculata College, Pennsylvania
1925	Mount St. Mary's College, California
1926	Scripps College, California

Club Recognition: Easy As 1,2,3

by Karen Jimmons
staff writer

Though there are over twenty clubs at the Mount, the College still encourages students to "form voluntary organizations for the promotion of common interest."

Students who are interested in forming their own club or organization should follow these pointers.

Forming a club can be a tedious process when a student does not know what to do. Drafting a constitution, finding an advisor, or recruiting students to become members may send some right over the edge.

Don't fret. Make an appointment with the director of student activities at the campus where one is enrolled, (Chalon or Doheny).

The director will review the recognition procedures, the process of choosing an advisor, and the rules and policies all clubs and organizations must abide by.

Students can make or break a club. It would be wise to recruit students who

share the interest and dedication. Find students who can contribute ideas, personal talents, time, effort, and leadership ability to the club. Try to avoid those who are "all play and no work." They only impede progress.

The advisor. This is the person, who through his/her vast amount of knowledge, experience, influence, and networking skills, will be able to help one's club or organization excel.

Each member of the faculty, staff or administration has various fields of expertise that will insure a club or organization's survival on campus. It is very important to discuss the selection of an advisor with the Director of Student Activities.

Upon completing the recognition form and a draft of the constitution, turn it in to the Student Activities Office. Don't give up if it comes back with suggestions. It only means that the constitution requires revisions before the process can continue. After this it will go to the Student Senate, where

they will check to see, 1) the role of this new organization in the extracurricular activities of the Mount; and 2) the extent to which this organization will add diversity to the Mount.

If approved they will recommend recognition and approval to Sr. Karen Kennelly, President of the College.

Sr. Karen will in turn review the materials and give official College recognition through the Student Activities Office.

A little time never hurt anyone, so don't quit if the process is a little longer than one thought.

Take it from Anne Choe, an intercampus transfer student and one of the founders of the newly recognized W.A.K.E. (Women Advocates for Knowledge and Empowerment) club. "Though we were frustrated because of the difficulties and miscommunication... we kept going because we wanted this organization for the students."

The Chalon
Associated Student Body
Invites the Mount Community

to the

ASB Holiday Social

Monday, Dec. 5, 1994.

at 3:00 p.m.

in the Lecture Hall

Come share the
holiday spirit!



Cure For Health Care?

by June Carino
staff writer

People older than 45, women of childbearing age, low-income families - these are health insurance companies' most costly clients.

For many college students with low budgets, health insurance is not only an extra cost but also a vital commodity.

Health-care costs will continue to rise, demanding an even larger portion of family budgets. In 1988, 71% of Americans could go to any physician they wanted. In 1993, only 49% could enjoy this luxury.

In the United States, there are several ideas for health reform. Currently, there is no federal initiative. President Clinton's Health Plan has been presented to Congress but faded away amidst strife not only among bipartisanship but also within his own party.

There are, however, state initiatives such as California's Proposition 186, a single payer

initiative that voters chose not to approve in this fall's elections.

Had it been approved, it would have allowed health insurance for everyone on the basis that all socio-economic classes will be committed to specific costs. California is also moving toward reform by passing laws for small business purchasing pools.

Debra Gerardi, Director of Health Services at the Mount, sees the range of positions on health reform. "A lot of small businesses can come together and make a big pool of employees so that when they buy health insurance, they have more bargaining power." This is good news for employees of these small businesses. It definitely "helps to decrease the costs of high insurance premiums," Gerardi said.

Why is there so much hullabaloo on Health Reform? The prevalent claim by health reformers is that there is a need for managed care.

But money is also part of

the issue. Doctors are afraid of pay cuts, insurance companies blame the upsurge of premiums on rising medical fees and the patients see a rise in premiums with unequal returns.

Gerardi says there is a point where those who are insured pay higher fees without equal medical treatment to these towering fees. Some health reformers see the country as being in this state now.

Some advantages are apparent when one looks at health reform.

In the employment scene, some health reform plans call for a greater autonomy for nurses in advanced practice, making health care more cost effective. Instead of a demand for physicians, nurse practitioners and midwives who are able to deal with such areas as anesthetics and the delivering of babies will be able to ease the load of health care. However salary cuts may be necessary to decrease these costs.

CAN WE TALK?

"Can we talk?" is a regular feature in The New View. Members of the Mount community can write to "Dear Flo" for free advice. "Can We Talk?" is a student advice column and should not substitute for the advice of a professional counselor. Submissions to "Can We Talk?" can be sent to box 52, c/o the New View.

Help! I think I'm gonna go crazy! During the past 3 years of college I have lived off of my credit cards and now I can't afford to make the payments, which are seriously overdue! I haven't been able to make my tuition payments either, and I think I'm gonna have a nervous breakdown. I've tried to get loans but I don't qualify and the ones that I can get are for a very minimal amount of money. I've got financial aid already, so this is why I don't qualify for more loans. Everyday I get about five calls from bill collectors who want their money, but I can't make the payments. Is there anywhere I can go to get help? The problem has gotten so bad that it's affecting my studies, sleep, and everything else in my life. What can I do?

Signed,
Poor College Student

Can We Talk?

Dear Poor College Student,

It is good that you can admit that you have a problem. Your problem is familiar to college students everywhere. Under-earning and over-spending is a problem the working class shares, so don't feel as if you are alone. A few things you should do to help your spending habits are:

1. *Stop spending.* Cut up those credit cards before someone does it for you.
2. *Make a budget and stick by it.* Stop spending money on unnecessary items, like fast food, or movies. Make a biweekly list of the things you *need* and follow that list religiously.
3. *Talk to your creditors.* Even though they may seem non-human at times they are only doing their job. Explain to them your circumstances (a little tears never hurt), and they may be able to help you. Running away can only last so long. Eventually they will catch up with you. Also try to send the least amount you can afford. Every little bit helps.
4. *Talk to the Business Office.* Check with the Business Office to see if there are any other dates you can pay. Try and work with them and not against them.
5. *Leave loans alone.* Why accumulate more debt?
6. *Get counseling.* To relieve stress, visit a counselor in Health Services, or pick up some relaxation tips from the Learning Center. They may be able to help you.

Stick to your studies. You will need your education to help pay the bills.

Signed,
Aunt Flo

Welcome to Meghan Chen, the new Director of Student Support Services.

Students are encouraged to stop by the ISAE Office in H207 to say "hello!"

The New View

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A Day in the Life

by Maricella Perez
staff writer

Minerva, a MSMC student from Fontana, shares with us a day in the life of a commuter:

4:00 a.m.	Alarm goes on.
4:15	Shower and dress.
4:30	Feed Pepe, the dog.
4:35	Make breakfast and lunch.
5:00	Say good-bye to parents, brothers, sister, and Pepe.
5:05	Warm up the car.
5:15	Put in \$10 of gas.
5:29	Get on the 91 freeway and drive like a maniac.
6:00	Flirt with long haired men.
6:11	Swear at all turtle-like drivers.
6:14	Try to read lab assignment.
6:29	Stop at 7-Eleven and buy coffee.
6:49	Spill coffee on new skirt.
7:01	Extremely mad at myself and traffic.
7:16	Start talking to myself.
7:36	Get off on Sunset Blvd.
7:46	Almost run over pedestrian and dog.
7:48	Try to find parking in the structure.
7:50	Find the last parking space on campus.
7:53	Power walk to class.
8:01	Sit at the last available desk.
8:03	Begin writing notes for multicultural class.
8:24	Stomach begins to growl.
8:27	Buy a non-fat cookie bar at the bookstore.
9:00	Finish notes and go to geography class.
10:33	Make a phone call.
11:00	Eat lunch.
11:30	Go to the Mount library.
11:48	Go to the UCLA library.
1:30	Drive back to MSMC.
1:46	Park in the structure.
1:50	Go to locker.
2:00	Go to anatomy lab.
2:50	Go to restroom and try to wash up.
3:03	Go to locker.
3:22	Get on freeway.
4:07	Begin singing.
5:29	Get off the freeway.
5:33	Stop at Taco Bell and buy a soft drink.
5:43	Get back on freeway.
6:15	Start crying just because.
6:33	Get off the freeway and head home.
6:47	Park in the driveway.
7:07	Begin eating dinner.
7:31	Wash dishes.
7:35	Watch TV for 25 minutes.
8:00	Begin reading.
9:15	Take a break.
9:30	Begin writing a paper.
10:22	Stop writing paper.
10:25	Go to sleep.
4:00 a.m.	Alarm goes on.

Being a commuter student has its advantages and disadvantages. Commuters do not have to eat cafeteria food, deal with suite mates and R.A.s, and worry about quiet hours. Unfortunately, commuting to campus also has some disadvantages. Commuter students must wake up earlier, keep their gas tanks filled, and fight traffic every day. Commuting can be rewarding for students who want to save money by not living on campus. However, commuters are not always given the recognition they need. Many students think they are always moody and in a hurry. This may be only partially true.

The next time you see a commuter student, don't stop him or her to ask questions, especially if it is in the morning. Just say "hi" and keep on walking.

What About Diversity?

by Karen Jimmons
staff writer

"I think Mount St. Mary's is very diverse. Which is good. There is no way that the students here can be ignorant of other cultures. Everywhere you look, there is an opportunity to be informed," says Brigit Jefferies, a sophomore English major.

This is just one of the many responses given in an interview regarding diversity at the Mount.

Though the overall picture of diversity seems positive, students were asked three specific questions were able to express some of their thoughts.

These views do not represent the majority of views at the Mount, but they do indicate the concerns of a few individuals.

In response to the question on how they felt about the Mount and its focus on diversity, Jefferies' response was very pos-

itive and motivating. Leandrita Flores, a junior in biology, feels "the Mount as an institution focuses a great deal on the issue of diversity."

A psychology student stated a similar view. She felt the focus was great and is happy to see the institution is aware. On the other hand, she believes there is a "long journey ahead."

Tan Lim, a senior, business administration/accounting major, said, "I don't think it is as diversified as it claims to be."

Another student said that too much promotion of diversity causes unnecessary tension.

Others interviewed felt students were indifferent and unwilling to participate in cultural activities on campus.

"The Mount preaches cultural diversity, but practices different. A goal would be to change that." This was one answer to the question of whether students have a personal

goal in the pursuit of diversity at the Mount.

While some said no, others wanted students to learn about other cultures.

They wanted the campus as a whole to gain a better perspective of other cultures than what they saw on the news or heard through rumors.

Another student wanted more clubs and organizations to bring their cultures together by co-sponsoring events.

"Do you feel validated? Can you go to a faculty, staff, or administrative member and state a concern and come away knowing you were heard?" This was the third question asked of the students.

A few of the students said yes, they believed they could voice a concern and feel their view was heard.

One said she didn't see the

Please see Diversity p. 8

Happy Thanksgiving from The New View

Beginning the Change: Urban Fellows

by Jean Day
staff writer

This fall, the Mount launched another exciting leadership program.

The College Urban Fellows kicked off its first meeting on October 21st. Students selected for the program completed an application and interview process.

Twenty-one participants were selected from Chalon and Doheny based on their experience and motivation for learning.

These College Urban Fellows will be addressing issues such as community-building and urban education.

The Fellows must serve 200 hours in the community, and will receive a stipend at the end

of their service.

The College Urban Fellow was one of only five grants awarded to institutions of higher education in California. The College was funded because of its approach to leadership and education.

The Urban Fellows will be developing ideas and training models to link K-12 schools with service learning.

Fellows attended a three-day conference in Palm Springs, where they participated in training sessions and workshops.

The College Urban Fellows is a service learning program which requires the students to work with the community and also reflect on what they learn.

With this program, Dr. Mabey says, "The teacher

is the person experiencing the service they observed and felt."

The Urban Fellows are hoping to help schools and communities learn about their own resources for addressing the issues facing them.

"We are not there to solve the problems for them," Dr. Mabey said.

According to Urban Fellow Keisha McLean, "Change is hard, but I'm excited about the vision of what is possible."

The Urban Fellows will be continuing their training throughout the semester, and will start their hands-on-experience in January. Dr. Mabey summed up the goal of the Urban Fellows by saying, "It is how you move knowledge!"



Mount St. Mary's College discovers Asia: APA hosts its first Cultural Night.

Haunted Campus Is A Hit

by Maricella Perez
staff writer

On Monday, October 31, the Doheny campus celebrated its annual Halloween Haunted Campus.

Doheny students showed their enthusiasm by organizing this event months in advance.

For two months, the students collected candy, organized games, and publicized the event.

Chalon's Campus Ministry also participated by donating and collecting candy from students, faculty, and staff.

More than 1,000 smiling children and their parents attended the Halloween Haunted Campus to trick-or-treat and play games.

Children were dressed as Power Rangers, clowns, devils, dracula, princesses, pumpkins, ball players, and pirates.

The children played

games provided by College departments and offices. Activities included a mini-carnival, story telling, and a pumpkin pinata.

Volunteers from Chalon and Doheny dressed as pirates, French maids and ball players decorated buildings in the Halloween spirit and gave out candy.

According to the Doheny ASB historian, Nubia Cipris, and commissioner of commuters, In Ho, the Haunted Campus benefits children and is designed for the safety and enjoyment of the community. They also feel it's an opportunity to thank the community for respecting the campus.

"Not only do the children benefit from this event, but those who participate benefit also because you meet community people," said Brandie Haub, commissioner of social activities.

Be a Part of the Team!

Write for The New View.

Staff writers and contributors meet every Monday from 6:00 - 8:00 p.m. in H207

by Catherine M. Bejerana
New View contributor

On December 3, the Mount community will have the opportunity to discover the world of Asia and to experience their first Asian Cultural Night presentation. Sponsored and coordinated by the Asian Pacific Affiliation of the Mount, Asian Cultural Night will showcase different performances from various cultures of Asia.

"The purpose of the event is to get an awareness and feel of the different cultures through dance and song," said club vice president Grace Pornillosa. She also adds that "after the performance, a dance reception will take place to congratulate the performers and members and to thank all the supporters."

Unlike other colleges' cultural nights which may focus on only one culture, the Mount's cultural night will display a diverse mix of cultures. Presently, there are six acts representing Israeli, Guamanian, Filipino, Samoan, Hawaiian, and Modern. Although Modern dances does not represent a specific culture, it is incorporated

into the show to demonstrate the rich multicultural atmosphere in California. In between the acts, a brief history of the culture will be read so the audience can have a better understanding of the significance of the performances.

To get this show underway, the officers have had to depend on the cooperation of its club members, since it is the first Asian Cultural Night. For instance, due to minimal funding, each group performing was responsible for obtaining their own costumes. Some groups borrowed from outside organizations, while some actively held fund raisers. In addition, rehearsals for each group occurred throughout October, while complete run-throughs of the program will occur through November.

Behind the glitz of the program itself comes an even greater meaning for the Asian Pacific Affiliation club. According to officers, the show represents the club's revival. Club secretary Mary Rose Manalang adds that "we hope for the show to be continued yearly" to express the overall enthusiasm of the renewed APA.

For two months, the students collected candy, organized games, and publicized the event.

Chalon's Campus Ministry also participated by donating and collecting candy from students, faculty, and staff.

More than 1,000 smiling children and their parents attended the Halloween Haunted Campus to trick-or-treat and play games.

Children were dressed as Power Rangers, clowns, devils, dracula, princesses, pumpkins, ball players, and pirates.

The children played

Watch for the December issue of *The New View* during finals week!

Can you solve this puzzle?

S	L	E	P	P	O	T	S	E	R	F	O	X	Y	T
M	E	C	O	X	N	U	D	T	S	L	O	D	X	S
A	A	A	O	E	T	A	B	A	R	C	E	O	O	U
R	N	G	T	N	M	R	O	B	I	M	R	C	R	B
T	O	A	L	A	S	B	A	O	E	V	I	O	T	P
I	P	T	G	B	A	I	T	R	O	T	D	N	W	O
A	T	E	P	I	L	T	D	P	V	Y	O	A	Y	E
L	S	R	D	M	S	R	E	E	T	A	G	N	X	N
L	U	V	E	S	A	X	I	R	E	F	O	A		
A	R	N	E	T	S	T	V	T	N	A	O	I	R	T
W	T	R	D	E	V	I	A	C	E	P	T	L	P	N
S	U	B	M	F	R	O	Y	E	F	A	C	I	O	N
D	R	E	S	P	A	N	X	V	N	A	L	O	T	
S	N	O	M	M	U	S	Y	O	T	A	E	V	A	N
T	H	E	S	I	H	C	N	A	R	F	C	R	O	W

Can you find the hidden legal terms?

ABATE	FRANCHISE
ACT OF GOD	LIEN
AGENCY	MARTIAL LAW
ARBITRATION	NOVATION
BAILMENT	PATENT
CAVEAT EMPTOR	PRIVITY
CONSIDERATION	PROBATE
DAMAGES	PROOF
DEED	PROXY
DURESS	REMEDY
EASEMENT	SUBPOENA
ESCROW	SUMMONS
ESTOPPEL	TORT
FELON	TRUST

Shape Up or Ship Out!

by Jean Day
staff writer

A vital part of beginning any exercise program is motivation.

Motivation compels one to perform a certain action. It is one of the key sources that influences someone to exercise, and is affected by internal and external forces.

There are various approaches for seeking motivation. Sticking to any fitness program requires a great deal of it. Some sources for motivation are workout groups, goal-identifying pictures, and records or journals of workouts.

For many people, working out alone is monotonous and boring. Lack of motivation can inhibit a person tremendously.

Working out with a partner or partners can increase the chances of sticking with a program. It also keeps the momentum up for attaining fitness goals. Exercising with friends is an

excellent source of external motivation.

Complimenting one another and reinforcing each other is another positive reinforcer. If you have a training buddy, you are also less likely to skip a workout.

A second good source of motivation is finding photographs that are identifiable with the goals you are trying to attain.

Keep in mind that people have different body types, and that you must satisfy your personal goals for fitness without comparing yourself to those around you.

Approach those that motivate you. There may be a new training buddy that can share in the excitement of working out and accomplishing individual fitness goals.

Keeping a record of the improvements made can also be very motivating. According to Frank Rosato's book, Fitness and Wellness, "A daily record provides objective data which shows

the actual rate and amount of progress that has been achieved." Rosato also said, "Exercisers increase their level of exercise if they keep records."

The Athletics Department at the Mount reinforces motivation through the Smart Bodies program. One of the sources is the Climb the Mount concept.

Each student that participates gets a flag with his/her name on it that climbs the board according to the number of hours spent exercising.

Once a student reaches the eighteen hour mark, s/he receives a free water bottle. When s/he reaches the 36 hour mark, a free Smart Bodies t-shirt is given as a prize.

This program is based on the pace at which each individual moves, and helps people see that if they really want something it is very possible. Every person can move as long as s/he seeks the motivation to do it!

Healthy Choices

For those that work out consistently, what you put into your body is very important. Here are some high-quality, low-calorie foods:

Meats:

white-meat chicken, skin removed
white-meat turkey, skin removed
lean veal cutlet

Fish:

flounder
cod
sole
tuna in water

Carbohydrates, simple:

apples
cantaloupe
mangos
oranges
peaches
pineapple
grapefruit
strawberries

Carbohydrates, complex:

lettuce
carrots
tomatoes
potatoes
spinach
red or green peppers
peas

Carbohydrates, rice and grains:

rice — white (unpolished)
whole wheat bread
rice — brown
bran
spaghetti
oatmeal

Condiments:

all spices except salt
lemon
vinegar, all flavors

A View of Health: Attention Deficit Disorder

by Celina Lopez
New View contributor

Prompt diagnosis of ADD can help students get better grades. ADD (Attention Deficit Disorder) is a disorder of the central nervous system. Although there are conflicting theories of what actually causes ADD, there are general characteristics which people with ADD share.

Some specific symptoms of ADD include:

Difficulty concentrating

The tendency to have several unfinished projects

Being a workaholic (taking on more than one can handle)

Procrastination

Impulsiveness (acting before thinking)

Hyperactivity (can't sit still in class, play with hair, doodle, shifting constantly)

Disorganization

Students or anyone who feels that they may have ADD should take action now. For more information, students at the Mount should go to Health Services or the Learning Center. These facilities can also provide referrals. Students with ADD would be eligible for the ISAE program on campus.

Self help books, such as YOU MEAN I'M NOT LAZY, STUPID OR CRAZY?! by Kate Kelly and Peggy Ramundo, also provide helpful information.

There are several organizations that provide newsletters and information about ADD:

Attention-Deficit Disorders Association (ADDA)
19262 Jamboree Boulevard
Irvine, CA 92715

Attention Deficit Resource Ctr.
Lawrence L. Melear, Ph. D.
1344 Johnson Ferry Rd., Ste. 14
Marietta, GA 30068

Got a health or wellness tip you'd like to share?

Send it to
Jean Day
c/o The New View, Box 52

Point of View

by Jean Day
staff writer

Teenage pregnancy is a major concern in society today. With all the information available, there should be a decline in the number of teenage pregnancies. The issue is debated back and forth, but why aren't the numbers changing?

What do Mount students think is the cause of the consistently high number of teenage pregnancies?

Rivien Beauchamp, junior: "Lower goals, low self-esteem, someone to love and someone to love them back. They don't take advantage of the information out there."

Kirsten Lee, junior: "The lack of education. (They're) scared to do anything once they're pregnant. They don't realize the changes that will take place once they have a baby."

Francesca del a Rosa, junior: "They don't have love in their life."

Mary Barrett, sophomore: "Some girls still lack knowledge of information. They leave it up to their boyfriends to make decisions for them."

Secrets...

Continued from p. 1

Though her present activities should be in lights, some of Gerardi's past may be a little shady. During the interview, Gerardi revealed that while she was working as a lobbyist for the American Association of Critical Care Nurses, and a Congressional Fellow for Senator Daniel Inoye, she was also an entertainer. Gerardi performed for two years as a stand up comedienne. She has also sung with a blues and rock 'n' roll band.

Confused? Don't be. When asked what guided her through these past and present activities, Gerardi reflects on words by singer/poet Jimmy Buffett and says, "I have a Caribbean Soul I can barely control."

The December Point of View wants to know:

"If you could ask Santa for one change at the Mount for next year, what would it be?"

If you have a *View* on this, send your comments to
Jean Day, Box 385

Together: Improving Quality

Continued from p. 1

number of calories and the amount of fat and protein in each healthy choice dish would be provided.

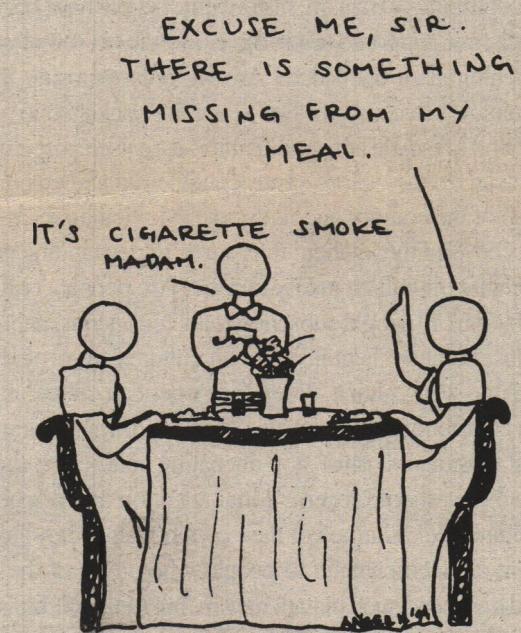
Food Services is in the process of changing the menu cycle, which would include the evaluation of new and current dishes. This process would also review the menus in order to insure that meals satisfy a wide range of diets.

One of the major factors affecting the quality of food served is the amount of money that is spent on other expenses besides food. According to Ramos, a substantial amount of money goes into the replacement of lost silverware, plates, and cups, and to the purchase of paper trays.

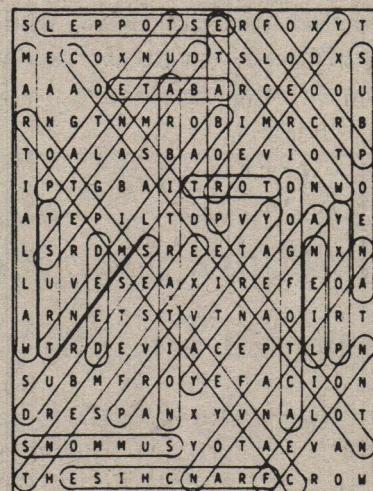
The amount of money spent on these types of expenses diminishes the money that could be used to improve the quality of food served.

According to Ramos, the best way for students to bring about immediate changes is by providing Food Services with constructive criticism that details the specific concerns that students have.

Cartoon Commentary



Solution to the Puzzle on p.5



My View . . .

by Andrea Graybehl
opinions coordinator

It was disconcerting to learn that my ancestors were from the South. Not the south of France, nor south of the border, and not, as I had suspected south of the planet Neptune. My family tree is rooted between an anonymous town in Georgia and a shack in Mississippi. My ancestors were too poor to own slaves. However, I do share in the bloodline of soldiers who fought for the Confederacy in the Civil War. It is an excruciating challenge to accept that I am the descendant of God fearing, Native American slaughtering, hot dog eating, beer bellied Americans.

Most everyone I know can claim, at the minimum, inherited allegiance to at least one exotic, culturally rich country. At every culture fair one is treated to the native food, clothing, and entertainment of a country one must adopt an accent to pronounce. I am filled with a combination of envy and awe. While I enjoy celebrating culture, I am left feeling ashamed. It seems that American culture was road kill that hadn't been scraped from the highway. I couldn't relate to Uncle Sam and I've never been guilty of singing the national anthem in the shower. And eating apple pie is out of the question. These seem to be the prevalent depictions of American culture.

Am I an ingrate, communist, or worse, un-American for not subscribing to the patriotic hullabaloo that constituted the American dream? I don't think so. I try to avoid buying into stereotypes; I cannot be the only "typical American" who feels these images of the U.S. are distorted, archaic, and dangerous. However, in the age of multiculturalism it appears that non-minorities are equated with the Klu Klux Klan. My speculations lead me to wonder if multiculturalism is helping or hindering the perceptions we have of ourselves, as well as our understanding of each other.

On the surface, the infusion of multiculturalism can be seen as an over-due apology to those minorities whose contributions to society have gone unrecognized because of discrimination. "Fear of the Unknown" contributes to racism; historically, people have been wary to accept what is unfamiliar to them. Multiculturalism is supposed to promote diversity to reveal commonalities among people of all cultures. But is multiculturalism one-sided? Are we only exposing the "lighter" side of culture while avoiding shameful realities? Because we like to see life packaged in a brightly colored box with a ribbon on top, we may be blind to the idea that multiculturalism itself perpetuates outdated stereo-types. Sampling native food and dancing to the culture's music, while fun and entertaining, gives little insight to the importance and relevance of the country and its people. Multiculturalism fails to contribute substantial evidence that culture exists beyond the kitchen; thus a true understanding and empathy among people is not attained.

Does multiculturalism justify racism? Are people confusing multiculturalism with racial superiority and retribution? If people subscribe to the erroneous, antiquated depiction we are currently subjected to, then multiculturalism is guilty. Not all cultures are invited to participate in celebrating their diversity, namely the American culture. When the American culture is accused of pertaining to Caucasian people only, we are contributing to the cycle of racism. If multiculturalism is ever going to be successful in alleviating racial tension, we must stop alienating cultures on the basis of previous recognition and history. Ideally, all cultures should receive equal attention and respect. However, those people belonging to the excluded cultures feel ashamed of their own heritage; they are told that their skin color automatically categorizes them as unempathetic to people who aren't of the same race. It seems that American "salad bowl" would transcend such blatant racism, but multiculturalism seems to discriminate against select people. The purpose of multiculturalism may be defeated when those alienated people discover that they are harboring unnecessary guilt and stop trying to understand other cultures. And the cycle of racism will be spinning again.

Holding hands and singing "It's A Small World" is utopian. The chains of racism will only become more restrictive if multiculturalism alone attempts to alleviate the absence of understanding between cultures. That is where the role of the individual enters in. As human beings with diverse backgrounds, and as conscious Americans we must work to change the harmful stereo-types that are being fed to us. I'm not into the business of advocating nationalism, but as a white American woman, I do not feel that I should assume the burden of the actions of my ancestors. Multiculturalism has a responsibility to celebrate all cultures. Inclusion is the crucial element in the war against racism.

**Want to share your *View* with the campus?
Send Andrea Graybehl a note, addressed to
"the New View, box 52"**

What do you, Rush Limbaugh, and Oprah Winfrey have in common?

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and we want to hear what you've got to say. If you'd like to be heard, send signed letters and comments to

The New View, Box 52.

The New View is now accepting Classified Ads for the December issue.

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Diversity: Making Changes

Continued from p. 4

representation of her culture as much as she saw other cultures, but still felt she could express herself and be heard.

Others were not as encouraging. "I think the only time they take us seriously is if we do something to make the college look good."

Another comment said it all depended on the person one is talking to.

With the creation of the Multicultural Advisory Council

and the involvement of the student clubs and organizations, the Mount has made progress attaining its present level of cultural awareness.

An assumption the general public may get from the many publications is the Mount is proud of its accomplishments.

The interviews indicate that despite the progress that has been made, students still have mixed feelings about what still needs to be achieved.

The New View

Volume 3 No. 3

December 13, 1994

Mount St. Mary's College



ISAE Director Meghan Chen brings new ideas and a fresh perspective to the Mount.

A Few Merry Ideas

• Calm that rush! With a little help, you can have a peaceful holiday season too.

by June Carino
staff writer

There is a saying that, "the best things in life are free." People always forget these things amidst the gift-buying rush.

But there are ways to have a more mild, old-fashioned holiday, with fewer hassles. Both psychological preparation and realistic shopping advice are top priorities for this frantic season!

There are several things one can do to make Christmas safe and hassle free, according to the December '94 issue of Reader's Digest. No matter how hard people try to enjoy the season, with so much to do and little time to do it, shoppers always end up rushing and pushing. More than any other time of the year, people need realistic expectations of themselves in December.

A word of advice comes from Marjorie Baier, an associate professor at the Jewish Hospital College of Nursing and Allied Health in St. Louis. "To reduce stress, tailor the holidays to yourself," Baier says. Think, "I'll celebrate my way," and then do what

you love.

Surrounding the materialism of the holidays are the sentiments of loved ones. Psychologist Marta Vago of Santa Monica believes seasonal get togethers can be fertile times for old feuds. "If you haven't gotten along with Uncle Gus all year, he won't change at Christmas," Vago said. Recognizing this can protect you from feeling resentment.

Once one is comfortable with the psychological preparation for the season, there is one inevitable subject to focus on: shopping - realistically, that is!

However materialistic it may seem, shopping is the main activity of Christmas and, for the college student swamped with exams and tuition statements, the job seems almost impossible.

As a college student, I explored the possibilities.

Picture this: you have a low budget and you need to buy gifts for your younger brother, your mother and your best friend.

Without sound advice, your saved up allowance and paycheck may go to waste to tasteless and expensive gifts.

Several retailers gave me advice on shopping for loved ones.

Although their number one suggestion was to visit the stores in person and see the array of choices this season, many mentioned their

new stock this winter.

Traveling through Westside Pavilion I narrowed my search to three important places fitting the three categories of loved ones: parents, brothers/sisters and significant others. Kaybee's Toy Store, the Gap and Robinson's-May were the best buys.

For young siblings and/or the kids you baby-sit, retailers at Kaybee's Toy Store suggested a deal of a lifetime. The electronic pinball machine good for ages 8 and up is on sale for \$19.99 and going fast. This seems especially ideal because it is not too much of a "bad influence" and keeps kids on their toes rather than slouched on the couch.

Parents are always difficult to shop for. At times it seems to be the bare necessities; the razor for dad and the newest decorative pots on the market for mom. Why forget they have other desires?

Wandering through Robinson's-May, many salespeople grabbed my shopping senses by directing me toward new blazers, shirts and jeans for dad. Most were under \$50 and well made. Claiborne was the brand name to watch out for, in comfortable materials that would last many Christmases.

Please see Merry, p.2

New Leadership

- Chen brings new programs and activities to ISAE.

by Maria Pardo
New View contributor

Meghan Chen, the new Director of Student Support Services, is looking forward to helping students make the most out of college and prepare for the future.

Chen said that she decided to come to the Mount because she was very impressed with the College's progressive curriculum and its diverse student body.

As Director of Student Support Services she will be overseeing the direction of the ISAE Program.

The ISAE Program, which is federally funded, provides career planning, educational counseling, and tutorial support to students who are first generation college students, come from a low income background, or have a learning disability.

The objective of the ISAE Program is to retain students so that they succeed through the four year college experience and consider attending a graduate or professional school.

Chen said that under her

direction, the ISAE program will meet the objectives stipulated by the grant that provides the funding.

Other duties involve reporting to the College's administrators on the progress of the program, managing the program's budget, and counseling students.

Chen's main goal for the ISAE Program is to see it reach out to more students and increase student involvement.

One way that she sees this coming about is through the creation of an ISAE Program newsletter produced by students, which would allow them to express their writing skills, thoughts, and experiences.

Chen said that she feels that this would give the Mount community a chance to gain an understanding of the program.

Another activity that she feels would increase leadership on campus involves the establishment of a women's day conference, which would be developed through ISAE in conjunction with other offices on campus.

The conference would focus on women's issues such as professional development, health, and career and home management, she said.

Inside The New View:

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'Twas the Night Before Finals . . .

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Letters

p. 4

Do You Believe in Santa?

By Catherine M. Bejerana
New View contributor

As students prepare to go home for the holidays, watching a movie is something they might consider doing when all the holiday celebrations subside.

There are several movie releases for the holiday season, including 20th Century Fox's "Miracle On 34th Street," which has received positive reviews thus far.

Set in New York City, "Miracle On 34th Street" is a remake of the 1947 classic which starred Oscar winner Edmund Gwenn portraying the "authentic" Santa Claus. Produced by John Hughes and directed by Les Mayfield, this year's version stars Richard Attenborough as Kris Kringle.

Having no idea that he might be the real Santa, Cole's Department Store P.R. Director, Dorey Walker (Elizabeth

Perkins) hires Kris to be the store's Santa after he successfully replaces Cole's drunken Santa during the annual Christmas parade.

Before meeting Kris Kringle, Dorey's daughter, Susan (Mara Wilson) is convinced by her mother that Santa is not real.

With the help of Dorey's boyfriend Bryan Bedford (Dylan McDermott), Susan meets Kris and begins to doubt her mother's word about the authenticity of Santa.

To test Kris, Susan asks him for the three things that she wants most that not even her mother could give her: a father, a brother, and a house.

The plot thickens as Kris' popularity compels the rival store to ruin Santa's image by framing him in a compromising situation.

With Bryan's help and the whole city's proclamation in their belief

for Santa, Kris is released by the judge.

Despite it being a family oriented film that is rated PG, it is a movie that many can enjoy and relate to.

Aside from the basic plot, the movie discusses the importance of believing in someone or something greater, like Santa Claus.

In one scene, Kris tells a doubtful Dorey that "If you can't live anything on faith, then you're doomed to a life of doubt."

Do you believe in Santa Claus? For all unbelievers, consider the question brought by Bryan to the judge: Which one is better "a lie that draws a smile or a truth that draws a tear?"

The movie teaches that Santa Claus' existence is not as relevant as his symbol for hope for those who do believe.

CAN WE TALK?

"Can We Talk?" is a regular feature in The New View. Members of the Mount community can write to "Dear Flo" for free advice. "Can We Talk?" is a student advice column and should not substitute for the advice of a professional counselor. Submissions to "Can We Talk?" can be sent to box 52, c/o the New View.

Dear Flo,

I have a small problem I hope you can help me with. You see, my boyfriend sometimes drinks too much. Even though he has a high tolerance, sometimes he gets sloppy. Sometimes he slaps me or pushes me around too. He's never really hurts me too much, and I know he loves me a lot. I am worried about him though. What should I do? The other problem is that I think I may be pregnant with his baby.

Signed,
Confused

Can We Talk?

Dear Confused,

This is no longer a small problem. Both of you need immediate assistance, since there may be a little one on the way. Your boyfriend should not be hitting you. It doesn't matter whether he is sober or drunk or if it hurts or not, he shouldn't be hitting you. This is considered physical abuse. Here is a list of numbers you should call to receive counseling over the phone or in person.

MSMC Health and Counseling Services
(310) 471-9840

Men's Group Referral Line
(310) 479-2749

Airport Marina Counseling Service (Santa Monica)
(310) 670-1410

Clinic with sliding scale fee. M-F, 9 AM - 9 PM; Sat., 9 AM - 5 PM; Sun., 11 AM - 4 PM. Individual, family, and groups. All ages.

Alternatives For People, California
(818) 349-7554

Individual, couple, and group therapy. Santa Monica, Agoura, West Los Angeles.

Catholic Charities (Venice)
(310) 392-8701

Crisis intervention, resource & referral, counseling M-F 8:30 AM - 5 PM

Los Angeles Free Clinic
(213) 653-1990

Free. Individual, family, and group.

Looking Glass Foundation (San Fernando Valley)
(818) 884-6900

Abused women, substance abuse, parenting skills & child abuse. Licensed staff.

Women Helping Women
(213) 655-3807

Telephone counseling (for a range of life concerns), career counseling, personal finance, education, support groups, workshops.

All information has been taken from the Women's Yellow Pages, 1993 Edition. It can be found in the Career Planning Center (H200A).

Signed,
Aunt Flo

Merry: Tips to Stop the Madness

Continued from p.1

If you are going to dress up dad, why not in style?

Mom can be a difficult person to shop for. From the newest styles of the season to the traditional styles of yesteryear, there are loads of paraphernalia to sort out.

A spirited salesperson named Lisa directed me to dresses on sale. They were marked down from \$60 with 25% off of that price.

Upstairs, there were sweaters with fine designs sure to capture mom's eye. They were

between the reasonable range of \$29.99 to \$40. Outfits designed by Teddy and Karen bear brand names with sensible price tags.

Finally, for your roommate or significant other, there is always the Gap to the rescue.

According to Tom, the newest item this season is the Anorak windbreakers in black, red and purple. These were priced at a low \$28. There are also turtlenecks at \$16 and sweats at \$24.50.

Clothes are not the only deal this season. Tom also pointed toward some umbrellas, scarves, belts, pajamas and thermals all

under \$30.

In the end, no matter how you shop this season, money will be one of the foremost issues.

Experts say to make a budget and stick to it. As for buy now - pay later plans, it is wise to pick payment plans that do not have interest rates.

With this in mind, there will be room for forgiveness and warm feelings among loved ones.

After all, with bills and overspending to worry about, how can you be concerned about speaking to Uncle Gus?

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Shape Up or Ship Out!

by Jean Day
staff writer

Are you one of those students who can't seem to get to a gym over the holidays? Well, don't stress out.

Keeping in shape over the holiday season is easier than one may think.

Back in the beginning of time when gyms were not around, people managed to stay in shape. By staying in shape, they were able to keep their troublesome areas looking good.

Most women tend to gain weight from the waist down. Here are a few exercises that can be done right at home to help keep this area in shape.

First, there is the side leg raise, which tightens the back of the thighs and the buttocks. Lie on the floor on your left side, with your body straight. Tilt your right hip about 45 degrees. Put your left hand behind your neck, and support yourself with your

left elbow. Your right hand should be flat on the floor for support. Your right foot should be on top of the left foot. Keeping your knees locked, raise your right leg as high as possible. Then, return to starting position. Remember to keep the buttocks squeezed together. Try to do at least 2 sets of 25 repetitions.

Another great exercise for the back of the thighs and buttocks area is the back leg kick. Get down in an all fours position. Your arms should be extended; keep your elbows locked. Extend your right leg behind you; always be sure to flex the muscle that you are working. Do 2 sets of 25 repetitions.

The last exercise that helps tighten the outer thighs, lower hip area, inner thigh area, and lower abdominals is the scissors movement. Lay flat on your back. Put your palms on the floor under your buttocks. Raise your legs perpendicular to the

floor. Keeping your knees locked, move both of your legs as far out as possible. Be sure to keep your inner and outer thighs flexed. Do 2 sets of 25 repetitions.

For the waistline and abdominals, crunches are a good idea. A crunch is a half sit up. Crunches are good for slimming down the waist and tightening the lower abdominal muscles. Be sure to keep your chin up while performing the movement. It shouldn't be rested on your chest. Do as many as possible.

Do each of these exercises at least three days a week (Mon., Wed., Fri., perhaps?). Be sure to do the movements slowly and with concentration in order to prevent injury. If you need demonstrations, refer to Gladys Portugues' book, Hard Bodies, or go to the Fitness and Wellness Center on campus before you leave for break!

Healthy Choices

Enjoying vacation doesn't have to mean neglecting a healthy diet. It also doesn't mean overeating. Moderation is the key. Instead of eating large meals, eat smaller meals throughout the day. It helps increase the metabolic rate for exercisers. Looking at your typical holiday meal, here are some alternatives to a healthier way of eating!

Holiday Meal

Ham

Mashed potatoes w/ gravy

Stuffing

Cranberry sauce

Pumpkin pie

Egg nog

Healthier Meal

Baked chicken, turkey
(white meat)

Baked potato

Peas and carrots (frozen,
not canned)

Corn on the cob (higher
in fiber and less fattening)

Baked apples

Pure apple cider w/ a cin-
namon stick

Just remember: if you are unsure about the nutritional content, read the label!

Scholarship for Awareness

by June Carino
staff writer

Barbara Lewis, self-defense instructor at the Mount, is offering a portion of her salary to past and future students of her self-defense course. This portion, an annual scholarship in the amount of \$500, is what Lewis hopes will "entice

women to sign up for the course for more self-defense awareness."

Lewis has a history of self-defense herself. As a mother in New York in 1975, she recognized that karate was a great exercise program while waiting for her son to finish his karate class. Lewis then joined her son.

Together, both mother and

son earned the prestigious black belt in karate. Once she earned the black belt, Lewis realized that self-defense was not just a hobby, but a lifestyle.

Before coming to the Mount, Lewis initiated a women's self-defense course at a New England YMCA.

As a new resident of the area, Lewis read about the rising

number of rapes and other crimes against women.

Lewis began to take action in an area she was well equipped for. She made a difference by teaching self-defense at the YMCA. Teaching women to fight back rather than stand helpless became Lewis' generous gift to society.

Soon after, Lewis journeyed to Los Angeles and started working at the Mount in 1991. After giving a lecture during "Rape Awareness Week," Lewis met Sister Rose Dolores Fregin, who became, in Lewis' mind, the model for the ideal scholarship recipient.

Lewis' lecture motivated Sr. Fregin to attend some of the self-defense classes.

Following many days of sitting as a spectator rather than as a participant, Sr. Fregin eventually practiced at the back of

class.

Sr. Fregin's energy sparked the idea in Lewis' mind to create a scholarship in her name. It is both a gift to a good friend and to students in their sometimes difficult journey through life.

The deadline to apply is January 15th. Scholarship applications are available in the Financial Aid Office.

Since there is only one scholarship awarded annually, applicants should be critical when writing their essays.

In addition to the required course, applicants must meet four criteria, all describing the person of Sr. Fregin. All applicants must: be enthusiastic about self-defense, be interested in self enhancement, have a positive attitude, and have an identifiable love for life.

The New View

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The New View Needs **Y O U**

to write articles Spring Semester! Enroll in JRN 96 for 3 units and earn credit while you're having fun. For more information, contact Tracy Poon at 471-9507.

My View . . .

Stress. Deadlines. More stress. This poem by sophomore Kristien Creamer saved me . . . in more ways than one. I hope you enjoy reading it as much as I did. Have a great vacation. See you next year!

Andrea L. Graybehel
opinions coordinator

*'Twas the night before finals and all through the dorms,
Not a student was snoring, their doom was forlorn.
Through the long, dark hallways their tensions grew fatter,
As students prayed hard that soon it would shatter.*

*Coffee was guzzled by the gallon with care
In hope that good grades would soon be theirs.
With coffee and cookies and crackers with jam,
They all settled down for their long, evening cram.*

*Students were wallowing deep in their dread,
While nightmares of Mozart danced in their heads.
Hemingway, Poe and dead guys of past,
The students worked hard to get it learned fast.*

*When all of a sudden to the students' surprise,
The evening did end and the sunlight did rise.
While the students all struggled to subdue their fear,
Up the long staircase their professors did near.*

*The students were tired, restless, and bleak,
All were awaiting their impending defeat.*

*To the classrooms of old, the students did race,
Alas came the finals that they must all face.
They tore through their tests with the greatest of ease.
No one had guessed it would be such a breeze.*

*The students did laugh to think of their fright.
To their homes they all raced with the swiftest of flights.
But before they all left and went on their way,
There was one small message they all had to say.*

*To all those in college who struggle with tests,
Sleep and don't worry - you'll all do your best!!*

**Good Luck on Final
Exams and Happy
Holidays!**

Chen: Setting Goals

Please see Chen, p.4
Continued from p. 1

Through the ISAE Program, Chen is also interested in creating a day that would celebrate women in the arts. "This celebration would feature women performing dance, music, drama, and poetry, as well as an exhibit displaying the talents of Mount students," Chen said.

In the short amount of time that she has been at the Mount,

Chen said that she has received favorable impressions of the College. "Every morning I am excited about coming to work. I have met very wonderful people and I have been warmly received."

Currently, Chen is working on her masters degree in public administration at California Lutheran University. Previously, she worked as a counselor for Student Support Services and taught Freshman Composition at California Lutheran University.

Letters to the View

I was recently reading *The New View* when I came across the article "Where's the President?" and was ashamed as to how the article was structured. The article was a misrepresentation of ASB and I feel that it portrayed the wrong message to the students of Mount St. Mary's College. In the student handbook there is a list of students that were elected to hold office for student government and after the fall appointments were completed, the positions were posted. As Vice-President of Senate and second in the chain of command, it is my duty to be the acting President of Mount St. Mary's College. I am proud to say as President *pro tem* that the activities and the policy and procedure committees are running better than they have been in the past. With the many jobs that the President must endure, it was necessary that the jobs be split up between the Executive Board of ASB.

Those jobs included:

1. Official representative of ASB
2. Ex-officio representative to all branches of the ASB government
3. Chairperson to the Executive Board
4. Budget Review Board Member
5. Student Life Policy Board Member
6. Student Services Coordinating Council Member
7. Coordinates all ASB workshops and retreats
8. Coordinates appointments of open positions, including the Spring Formal and Spring Sing Co-Chairs

I also felt that since the article was a representation of ASB, it should have contained

effective sources from ASB members. Seeing that there is a diversity on ASB, I don't think it should have been a difficult task to conduct an interview with at least one of our members with adequate notice. I don't want to fail to mention that Jean Day did contact me, but it was late Sunday night. I hope there is a correction made in your next edition.

The ASB members should have been mentioned. They are:

Executive Board:	
Kristine Becker	V.P. of Senate, <i>President pro tem</i>
Cindy Salas	V.P. of SAC
Melissa Knecht	Chair of Inter-Club Council
Odet Dahi	Chair of Finance
Marylou Dulay	Chair of Communications

Senate	
Alicia Rabena	Senior Senator
Lee-Anne Makse	Junior Senator
Cynthia Guerrero	Sophomore Senator
Eileen Tien	Freshman Senator
Tamar Laughlin	Freshman Senator
Monica Duarte	Resident Senator
Kristine Rocha	Commuter Senator

SAC	
Andrea Graybehel	Academic Co-Chair
Alice Patricio	Academic Co-Chair
Pauline Fletcher	Cultural Co-Chair
Kathleen Phillips	Cultural Co-Chair
Bernadette Lee	Service Co-Chair
Kris Trager-Straw	Service Co-Chair
Angelica Aguilar	Social Co-Chair
Maria Mahecha	Social Co-Chair
Sara Newman	Recreation Co-Chair
Sheryl Fayloga	Recreation Co-Chair
Diane Van Houten	Spring Sing Director

-Kristine Becker, Vice-President of Senate,
President pro tem

The New View

Volume 3 No. 4

March 21, 1995

Mount St. Mary's College



"Sound of Black Heritage" was part of the Black History Month celebrations at the Mount.

Soulful Music

- Gospel groups rocks the Mount in an evening of praise.

by Takeisha Smith
staff writer

On February 18, seven outstanding gospel groups shook the crowd in the Little Theater at Mount St. Mary's College.

The theme of the evening was "Sounds of Black Heritage."

The African American Council of Women sponsored the special event as part of Black History Month celebrations.

The ceremony started at 7:00 p.m. with an inspirational opening prayer given by the Reverend Carnell Powell Jr., and was followed by a whirlwind of angelic voices.

One after the other, the songs swept over the audience and made a lasting impression.

It was an evening of praising God, which is a very important ritual in the African American community.

Many of the groups that participated are well recog-

nized among gospel singers and the general public.

Appearing third in the evening's celebration was Higher Calling. Higher Calling, which is comprised of four talented women, has previously placed first in the McDonald's Gospelfest.

Another well recognized group, Hamilton High School Gospel Choir, performed a trio of faith strengthening songs. The most popular, "Fire Next Time," stirred the audience into active participation.

The turnout of over 150 people proved the night a success. People of all ages joined together to witness and take part in the tradition of praise through singing.

A.A.C.W.'s co-advisor, Felicia Jones, described the crowd as enthusiastic and energetic.

The event lasted approximately two hours, and was immediately followed by a reception for the audience and group members.

This was an opportunity for the two groups to fellowship and share their experiences.

Pioneering Artists Exhibited

• "Generation of Mentors" featured at Drudis Biada Gallery.

by Deanna Palfrey
staff writer

An exhibit entitled "Generation of Mentors" recently opened at the Jose Drudis Biada Gallery at Mount St. Mary's College.

The exhibit showcases the work of Southern California women artists born between 1908 and the 1930's.

The title was chosen because it recognizes women of this generation who have made significant contributions to contemporary art.

Eunice David, president of The California Committee of the National Museum of Women in the Arts, is hoping that the art show will serve as an inspiration for all succeed-

ing generations of Southern Californian artists.

The art is expressed through lithographs, paintings, mixed media, and sculpture.

These artists have not only pioneered the way for other women and minority artists, but have also created unique and unparalleled works.

All 12 artists featured in the exhibit have left a distinct mark on the art world, several of them infusing social and environmental issues into their pieces.

Some of the outstanding art works featured includes Claire Falkenstein's "Fusion With Bottles," a copper and glass sculpture which creates the illusion of shimmering and dissolving before the viewer's eye.

Another is the work of the husband and wife team, Newton (the only male artist

in the exhibit) and Helen Mayer Harrison. Their "Barrier Islands Drama" ensemble of eight color photographic panels and text has helped to bring attention to the ecosystem in Dade County, Florida, which is being endangered by the non-native Australian pine tree.

This exhibit was previously shown in Washington, D.C. and Fresno, California.

The "Generation of Mentors" exhibit at the Drudis-Biada Gallery will be its last showing in California, closing on April 8, 1995.

The Gallery hours are Tuesday through Saturday, 12 - 5 p.m.

There is no charge for admission.

The exhibit is sponsored by the National Museum of Women in the Arts, Washington, D.C.

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Two Campuses, One Mission

by Karen Jimmons
New View contributor

Mount St. Mary's considers itself one college with two campuses and one mission.

For over 65 years, the mission of the Mount has been to "educate women who want to make a difference in their professions and communities."

The Mount strives to admit students whose first priority is developing their skills, expanding their interests, and exploring their values.

Though this is the belief of the Mount and all efforts are directed towards implementing the mission, can it really be said the Mount is truly one college with two campuses and one mission?

In recruitment materials,

both campuses of the College are presented to high school counselors and prospective students.

It is the intention of the College, through various publications and discussions, that each prospective student is given the necessary information to choose which campus is right for her.

According to Katy Murphy, the Executive Director of Admissions and Financial Aid, "If a student applies to Chalon, but is not quite ready academically for the bachelors program, we will admit that student to Doheny. At Doheny, students are given the opportunity and support to develop their academic skills to prepare them to complete the bachelors program at Chalon."

The admission criteria for

each campus has been established to guarantee that all students have a chance to succeed in the program to which they have been admitted.

Basic criteria include high school grades, college prep courses taken in high school, and SAT or ACT scores.

The Admissions Committee also takes into consideration types of courses taken, type of high school attended, the substance and quality of the essay, academic references, information from personal statements and/or interviews.

Is there a difference in the education and treatment of students at Chalon in comparison to those at Doheny? According to the Admissions brochure,

Please see Mission, p. 7

The Mission Statement of Mount St. Mary's College

Mount St. Mary's college is an academic community committed to the continuing exploration of our relationship to God, other persons, and nature. This exploration takes the form of programs devoted to educating women for participation and leadership in our society and our time. The Catholic tradition of the College offers a value orientation for the student's personal and professional life, giving the motivation for a Christian commitment that views professional life as service.

The College encourages its students to actualize their gifts and talents and to develop the intellectual and professional competence necessary for intelligent and concerned citizenship. The purpose of a Mount St. Mary's education, therefore, encompasses the development of a disciplined and continuing curiosity, a receptivity to new ideas, and the acquisition of the knowledge, skills, and values, both personal and communal, necessary to evaluate ideas and live them in society.

The Chalon Associated Student Body needs your leadership for 1995-96!

Plan to run for an ASB position in the upcoming elections.

Elections Calendar

- Application packets will be available at the ASB Office, Student Affairs, and the Residence Desk from March 20 - 30.
- Mandatory information meetings will take place on March 22, at 6 p.m., in Hannon Parlor, and on March 23 at 2 p.m. in the student cafeteria.
- The GPA release form, application, and petition forms are due in Student Affairs on March 30.
- The Candidate Forum will take place on April 10 at 12 noon in the Circle.
- Elections will take place April 11 - 13 in the Little Theater Foyer.

MAOF Founder Morales Urges Action

by Suzan Rose
staff writer

On January 26th, Mr. Dionisio Morales, founder and President of the Mexican-American Opportunity Foundation (MAOF), spoke to an attentive audience at Mount St. Mary's College.

Mr. Morales and the MAOF are responsible for developing many of the programs which serve the Mexican-American community, from child care facilities to nutrition programs for the elderly.

Other outreach programs include employment services and recruitment for computer sciences and management.

In his address to the Mount community, Morales delivered a talk on the topic of personal and civic responsibility.

He recalled that in 1961, there was much talk about equal opportunity, yet there was no leadership from the Mexican-American community.

"Take charge, become informed," he said. "I never got one 'yes' for funding,

although I had dreamed of it (helping fellow Mexican-Americans) my whole life."

"When I had tried all the local means of searching for funding unsuccessfully, my friends told me to give up and close the doors for good."

Someone in the group jokingly suggested that he make a telephone call to the White House to ask for help.

He did. He said, "My wife handed me the telephone through the window as we were meeting under an avocado tree in my yard."

He called the White House. "You're just the man we're looking for," Vice-President Johnson said, and invited Mr. Morales to Washington, D.C. the following week.

With only \$7 in his pocket, Morales collected airfare from his friends and neighbors while his wife packed his brief case for him.

At the meeting with Johnson, Morales was asked for his proposal for improving opportunities for Mexican Americans. When he opened his brief case, out tumbled clean socks and underwear,

bananas and burritos! Johnson and Morales laughed together. Mr. Johnson then asked, "What is it you need?" Mr. Morales said, "I want this proposal funded."

"Is there anything else?" "Yes, come and visit me in Los Angeles," Mr. Morales said, "and write me a letter, too."

The next day, Morales received a \$1,500,000 grant from the government.

He related his meeting with Vice-President Johnson to the present. "Address the problems," he said, "Keep up with politics, from city hall to Sacramento, to Washington, D.C. Write letters. Mexican people are taught to never speak up, (but) people in charge must hear from you."

His early career was spent trying to gain entry level jobs for the Spanish-speaking, but now he is more interested in getting Mexican-Americans into policy making positions.

The MAOF is based in East Los Angeles, with several offices throughout California.

This lecture was made possible by a grant from the Hewlett Foundation.

Quakes: Are You Prepared?

by Suzan Rose
staff writer

Preparedness is one of the keys to a calm and organized way to handle a major disaster.

In the event of an earthquake, Mount St. Mary's College is prepared to be self-sufficient for 72 hours, if necessary.

There are designated emergency coordinators under the direction of College administrators.

Each of these coordinators are in charge of Building Monitors, Floor Monitors, Department Heads and Teams-of-Three.

Teams-of-Three are uninjured individuals who will carry out tasks and report back to Building Monitors and the Command Center.

The Command Center, the site of emergency operations, is located in the Lecture Hall at the West end of the Circle.

In the event of a disaster, the Emergency First Aid Center would be located on the first floor of the Humanities Building in the Campus Center. If the

Campus Center is unavailable, the First Aid Center would be located on the tennis courts, behind the Chapel.

No one is without stress in the event of a natural disaster. However, the plans outlined in the "Earthquake Readiness Handbooks" are excellent guidelines for preparedness.

The blue and green (a more condensed version) Handbooks present a personalized plan which can help students, faculty and staff to remain calm in the event of a disaster.

Mount St. Mary's research indicates that it is "better to be over, rather than under prepared."

The Handbooks enable the student to become an integral part of these emergency plans.

There are check lists in both Handbooks. Students should form their own teams-of-three to evaluate the lists and create a community earthquake emergency kit. Take the time to prepare the kit.

Preparedness is taking personal responsibility in a small, but imperative way. The supplies that teams-of-three have may save lives, and not

burden the larger community in the event the campus is stranded for longer than 72-hours.

Shopping could be fun as well. If this were done as a community event, several teams-of-three could participate. Supplies bought in quantity could be purchased at a discount from Smart and Final-Iris, Pic-N-Save, Fedco, and even the Price Club. Some membership stores will waive the fee for students.

The collected monies, approximately \$15 per person, could then be spent cooperatively.

The separate groups which did the purchasing could return the goods to a designated central location to be divided and distributed to the other individuals who "bought in".

Scientists currently have no way to predict when an earthquake may occur. If the Mount community takes preparedness seriously, everyone can face the event without panic.

Pick up an "Earthquake Readiness Handbook" or two from the Student Affairs Office. Share it with a roommate or fellow student.

CAN WE TALK?

"Can We Talk?" is a regular feature in *The New View*. Members of the Mount community can write to "Dear Flo" for free advice. "Can We Talk?" is a student advice column and should not substitute for the advice of a professional counselor. Submissions to "Can We Talk?" can be sent to box 52, c/o the *New View*.

Dear Flo,

I am a senior and I am going crazy. I feel drained all the time because I can't seem to get things done in a typical day. I find myself procrastinating when I do have free time. I will be graduating this spring, but if I make too many mistakes I will probably be stuck here another semester. The thought of being here another semester is scary and quite expensive. I need to find a place where I can do my work instead of talking on the phone, watching TV, or just staring at the wall. PLEASE HELP!

Signed,
Senioritis at Large

Can We Talk?

Dear Senioritis at Large,

This is not abnormal. "Senioritis" is the contagious disease most seniors get the year before they graduate. A few seniors tend to get so excited about the future they forget they still have a little time to go before it is official. Other seniors become lax because they feel their time has been served and they want out. Some try to cram everything they didn't do the last 3 years into one year or one semester. This senior may burn out before graduation. And lastly, some seniors just get scared about the future.

My advice for you would be to stop by the Learning Center, located on the second floor of the Humanities building, to pick up a few tips on time management. Also find a place where you can spend some quiet time. Try to spend quality time by yourself or with friends or family, just to regroup. A few of the more quiet areas to study include the library, cafeteria, or an unoccupied classroom. I have even tried the laundry room on the first floor of Carondelet. It is very soothing and sound proof. There are also study rooms located in Brady. If you like working out, read while riding the bike. Don't try to accomplish everything at once. It can wait. Lastly, get two calendars, a small one to carry around, and one to post in your room. Knowing what you have to do and when it is due helps a lot.

Signed,
Aunt Flo

Forget "Dear Abby."

Let Aunt Flo tell you what's up. Write to "Can We Talk?" for some real advice.

The New View

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His 'Immortal Beloved'

by Maria Pardo
New View contributor

"Immortal Beloved" is a beautifully composed romance mystery which investigates the identity of the great love in Ludwig van Beethoven's life.

This film, written and directed by Bernard Rose, commences shortly after Beethoven's death. While searching through Ludwig's possessions, Anton Schindler, one of the composer's trusted associates, comes across a letter in which Beethoven proclaims his love and dedication to his "immortal beloved."

One of Ludwig's requests was that after his death his estate would be awarded to this mysterious woman. Schindler, out of respect for Ludwig, feels obligated to fulfill this last wish.

Schindler becomes committed to the search of the "immortal beloved", and in the process, interviews Beethoven's acquaintances, family members, and past lovers.

Through these interviews we learn not only of his past love affairs but also of his struggle to deal with his deafness which, as his condition worsened, increasingly caused frustration.

The first woman Schindler interviews is Countess Julia Guicciardi, played by Valeria

Golino. As she converses with Schindler, we learn of her romance with Beethoven and also gain insight into the early part of Ludwig's career, when his popularity was beginning to soar.

Countess Anna Erodody, portrayed by Isabella Rossellini, also shared an intense relationship with Beethoven. Anna met Ludwig in his later years, when his deafness was almost complete. She talks to Schindler about the despair and embarrassment that Ludwig faced because of his disorder.

Because most people were unaware of Beethoven's hearing loss they did not understand his outward expressions of frustration.

Instead, the public perceived him as temperamental and bitter.

Schindler's search finally leads him to Johanna van Beethoven, (played by Johanna Ter Steege) the wife of Ludwig's brother Caspar.

She reveals that she had been romantically involved with Ludwig before she eloped with Caspar.

After Caspar's death Johanna came into conflict with Ludwig because he proclaimed her an unfit mother and fought through the courts to take away the custody of her son Karl.



Beethoven (Gary Oldman) performs before polite Vienna society in "Immortal Beloved."

Eventually, Schindler uncovers the identity of the "immortal beloved." During this revelation, surprising details of Beethoven's early romance with his sister-in-law are exposed.

To this day, scholars still debate over the identity of Beethoven's "immortal beloved". In this film writer/director Bernard Rose proposes an identity derived from his research.

Gary Oldman is definitely the standout in this film.

Oldman masterfully plays Beethoven, passionately capturing his character's wavering emotions.

In addition to the great acting abilities displayed by Oldman, the setting also adds another layer of richness to the film.

Most of the scenes were shot in the exquisite palaces of the Czech Republic.

These palaces contain the fine art and furnishings of the 18th century.

Although "Immortal Beloved" has received mixed reviews, I would recommend this film to those who appreciate Beethoven's work.

One of the strengths of this film is the musical backdrop that Beethoven's music provides. The music intensifies each scene, giving the viewer insight into the internal condition of this musical genius.

The Renaissance Revisited at Bruno's

by Deanna Palfrey
staff writer

You are seated under a two story open ceiling, surrounded by antique paintings, statues and marble pillars.

Opera music plays in the background of this relaxed, incredibly romantic restaurant. An attentive waiter is at your beck and call.

Luckily, you need not fly to Italy or find a time machine to carry you back to the Renaissance to enjoy this fanciful setting. Bruno's is located at 3838 Centinela Avenue, just South of Venice Boulevard.

Bruno's specializes in

Northern Italian and continental entrees. There are several vegetarian as well as chicken and veal dishes from which to choose.

Entrees range from \$6.50 for Pasta con Salsicce o Polpette di Manzo (pasta with homemade Italian sausage or meatballs) to \$10.50 for Scampi con Risotto o Linguini (risotto or long thin pasta, tiger shrimp, and chopped tomatoes with white wine and lemon-garlic butter sauce), along with adequately sized personal pizzas with plenty of toppings for around \$7.50.

The real attraction, however, is not only the food (opinions range from "Delicioso!" to

"The veal is a bit bland.") but the atmosphere. There is an abundance of Renaissance paraphernalia; the restaurant decor is based on Italian Renaissance churches, market places and gathering places.

If you're looking for an escape from the modern age, this is it!

Bruno's is equipped with banquet halls, a full bar, and cute waiters. This quiet, spacious restaurant is an ideal place for dates, as you dine by candle light below a beautiful chandelier.

Bruno's is open from 5 - 10 p.m., Tuesday through Sunday. Call (310) 397-3777 for more information.

Come Celebrate With
the
Mount Community
on
March 29

Siena Day '95

More Than Just A Game

by Catherine M. Bejerana
New View contributor

Living in Southern California, one is expected to have seen and visited several places that are unique to the area.

Some of these sites include Hollywood, Rodeo Drive, and Disneyland. But what about the Great Western Forum, the home of the Los Angeles Lakers?

Surprisingly, many Los Angelinos have not yet watched a Lakers game.

That would seem unbelievable to loyal Lakers fans around the world who would do anything to watch their favorite Laker play live.

Consequently, those who end up watching a Lakers game in the Forum during the regular season are either loyal fans or tourists.

In an effort to see whether

or not a Lakers game is worth shelling out between \$8.50 - \$100 during the regular season, my friend and I decided to experience L.A. and review a Lakers game.

Getting to the Great Western Forum in Inglewood is a challenge.

Because the games are usually in the evening, fans must inevitably fight traffic. Finding appropriate parking is another obstacle.

Fans should be aware that parking can cost between five to six dollars, depending on which satellite parking lot you choose.

The Forum itself is large and spectacular. Inside, energetic spectators are hyped to watch Vladi Divac and the rest of the Lakers challenge the Charlotte Hornets. In this game, it was the purple against the turquoise jerseys.

To increase participation from fans, the Laker girls led the

audience in wild cheers.

Despite the giant television screens located in the top center of the court, fans can get a better view of the game at home - that is unless you are Jack Nicolson, or someone lucky enough to sit beside the court.

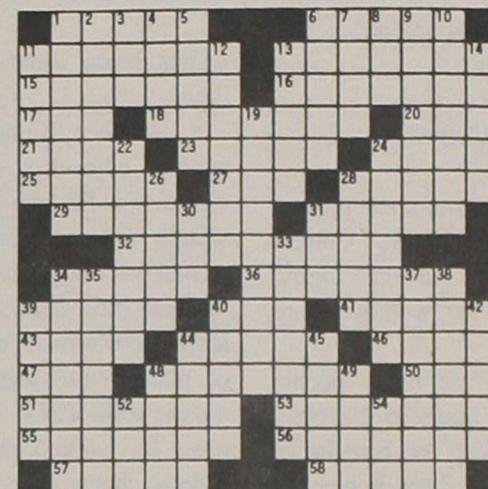
If the goal of watching a game is to see just the players make their shots and rebounds, then home viewing is sufficient and advisable.

However, if being able to cheer your favorite player on and feeling the spirit of camaraderie or rivalry is important, then you definitely have to experience a Lakers game.

Although some fans left early to avoid the traffic jam in the parking lots, most fans stayed until the end.

This particular game became more energetic because it went into overtime. The Lakers won 95-93.

Can you solve this puzzle?



© Edward Julius Collegiate CM8704

ACROSS										
1 — paper	44 Coffin stands	12 Angry outbursts								
6 Cut	46 Well-known electronics company	13 Low, wet land								
11 String of beads	47 — ear	14 Stupid								
13 Berated	48 Exchanged words	19 Grouped closely								
15 Italian food	50 Wife's partner	22 Hospital convalescence rooms								
16 "60 Minutes" host	51 Bowling ball	24 Supporting undergarments								
17 Linguistics suffix	53 Scholarly	26 Hangs ten								
18 Cotton cloth	55 Periods of time	28 Ways of conducting oneself								
20 Part of BNDC	56 Brownish pigments	30 God of the sky								
21 Time periods	57 Know the —	31 Ike's initials								
23 Tennis term	58 Gives a signal	33 Piano keys								
24 Slang for fires	25 The Flintstones' pet, et al.	34 Quality								
27 Statement term	36 Levelling devices	35 South American river								
28 Baseball hall-of-famer, — Irvin	39 Baseball MVP of 1961	1 Polishing cloth	37 — nail							
29 Military gestures	40 Base ball	2 Old Italian capital	38 Musical pieces							
31 Soils	41 — forma	3 Prefix for gram or graph	39 Distributed							
32 Greek statesman	42 Piano seat	4 Drop into water	40 Forest inventory							
34 Greek Island	43 Mr. Kazan	5 Lamprey fisherman	42 Ancient harps							
36 Leveling devices	44 Piano	6 Like a snake	44 College in Maine							
39 Baseball MVP of 1961	45 — form	7 Prison section	45 Type style							
40 — forma	46 Building wing	8 Building wing	46 — one's time							
41 Piano seat	47 Unyielding	9 Unyielding	49 Formal fight							
43 Mr. Kazan	10 Takes back, as a statement	10 Takes back, as a statement	52 Siesta							
	11 Belief	11 Belief	54 Short for Deoxyribonucleic acid							

The solution to this puzzle is printed on p.7

Everyone is invited to attend Mary's Day on Saturday, April 29, 1995.

The day begins with the Honors and Awards Convocation at 2:00 p.m. in the Little Theater. The crowning of Mary and the reception in the Circle will immediately follow the Convocation. Please join the Mount community in honoring those students who will be recognized at Mary's Day.

Be a Part of the Team!
Write for The New View.
Staff writers and contributors meet every Tuesday from 5:30 - 8:30 p.m. in H201

Time is running out . . .

Call the Education Department to see how you can make a difference.
Doheny Ext. 2223

Working Out or Wasting Time?

by Jean Day
New View contributor

Using equipment properly is a must. Correct form prevents injury, and makes the workout more effective.

There are many people who spend hours in the gym, but never reap the benefits of working out. This problem is often attributed to misuse of equipment and incorrect form.

Being someone who enjoys working out, I try to make the best use of time in the gym.

What I have observed on several occasions is that many students are uninformed about working out properly.

No one should attempt to do an exercise that s/he is unfamiliar with.

To prevent possible injuries, ask a trainer for help.

On several occasions, I've observed students exercising incorrectly at the Chalon Fitness and Wellness Center.

For example, a female student was trying to do lat pull downs for the upper back muscles. She was pulling the bar straight down in front of her instead of behind the neck. By pulling the bar straight down in front of her, the exercise was serving no purpose. The bar should be pulled behind the neck, straight down, with the

weight being controlled at all times.

Another example was a student who was doing leg extensions. He kept jerking the weight up and down. The weight was obviously too heavy for him (this is another problem). He was not concentrating or placing any stress on the muscle at all. The actual muscle must be worked properly in order to change shape.

One of the other ways people waste time in the gym is by overworking their body.

For females, it is not necessary to spend two hours a day riding the bike. Thirty minutes to an hour maximum, four or five days a week is sufficient.

It is also unnecessary to work every body part in one day. If all body parts are being developed every time the person is in the gym, they are being overworked.

There needs to be an adequate amount of recuperation time so the muscles can grow and change form. Try this schedule and see if it works better for you.

Monday: chest and shoulders

Wednesday: legs

Friday: back and biceps

Saturday: triceps and abdominals

Here are some of the ways exercises are being done incorrectly:

• 1) swinging the weights.

Weights should always be

controlled to prevent injury and make the workout beneficial. Use a full range of motion when performing an exercise. Concentrate on the muscle being worked.

• 2) cheating during the repetitions.

Repetitions (reps) are the number of times you perform the exercise movement. After you have finished the number of repetitions, a set has been completed.

Cheating, by not performing the repetition with a full range of motion, should never be done unless performing failure reps.

Failure repetitions are extra reps done after the normal set of repetitions are completed, to keep the muscle burning.

• 3) performing the wrong exercises for body parts.

There are exercises that benefit more than one body part, but always be sure to use the correct equipment for each exercise. For example, stiff-legged deadlifts are beneficial to the hamstring muscles, and the lower back muscles are also worked as a secondary benefit. If the exercise is done incorrectly, the lower back muscles have a stronger emphasis.

Exercising can be great, and the rewards can be even better. Being informed about working out and proper use of equipment can help you see results more quickly and safely.

Secondhand smoke is one of the most common forms of indoor air pollution. Children who breathe secondhand smoke have more ear infections and are more likely to develop asthma. Don't allow anyone to smoke around your children; have smokers leave the room or go outside.

For more than 85 years, donations to Christmas Seals® have helped fund the education, advocacy and research work of the American Lung Association. Call your local Lung Association at 1-800-LUNG-USA to find out how you can help in the fight against lung disease.

AMERICAN LUNG ASSOCIATION. 1-800-LUNG-USA



Healthy Choices

Spring Break Sweetness

Spring Break is the time when women regret their poor eating habits the most. It is the season for bikinis and beaches. Here are some creative new desserts that taste great, but don't stay on the hips forever. All you need is a blender and some creativity!

Strawberry - Banana - Pineapple

2 bananas
1/2 pint strawberries
1/2 pineapple
1/2 cup ice cubes
3/4 cup water
makes 6 servings

Mellow Melon

1/2 cantaloupe
1/2 lemon
1 cup ice cubes
1/4 cup water
makes 3 servings

Banana Split Shake

1/2 cup frozen strawberries
1/2 banana
1/4 cup skim milk
1 teaspoon vanilla extract
1/2 cup ice cubes
makes 1 serving

Apple Pie

1 apple
1 cup apple juice
1/4 teaspoon vanilla extract
1 teaspoon cinnamon
1/2 cup ice cubes
makes 1 serving

Orbappi

1 orange
1/5 pineapple
1 banana
1/2 apple
2 cups ice cubes
1/2 cup water
makes 6 servings

Got a health or wellness tip you'd like to share?

Send it to
Jean Day
c/o The New View, Box 52

Alumnae Receive Honors

By Denise Goosby '88
New View contributor

Mount St. Mary's College recently conferred outstanding alumnae awards to Genevieve Denault and Annette Shannon-Batinovich during October Founder's Day ceremonies.

Denault received the Alumnae Professional Achievement Award for her 40 years in the science/aerospace field.

Denault parlayed her 1953 Mount chemistry major into a distinguished career as a research chemist, medical technician, and aerospace consultant.

She credits Mount St. Mary's College for "the in-

depth training in a variety of subjects that" she received for helping her to prosper professionally.

Denault was named Aerospace Corporation Woman of the Year in 1976.

She has worked for institutions such as Hughes Aircraft and the Aerospace Corporation, performed research for Scotland Yard and other entities, written 25 technical papers, and received several patents.

A mother of four and grandmother of four, Denault believes fervently that "nothing you learn is ever wasted."

Shannon-Batinovich always knew teaching would be her life's service.

This Outstanding Alumnae Community Service honoree

already had teaching experience when she got her credential in 1957.

She thanks the Mount for helping her to grow in compassion and to see the world more globally.

Although Shannon-Batinovich has primarily been a religious educator, she has taught students in several subjects in various educational levels.

She has founded a youth ministry, coordinated adult education programs, and directed religious campuses.

Currently, she is Liturgical Ministries Coordinator at Mary Star of the Sea in San Pedro.

Helping students see their value is what drives Shannon-

Classified

Students

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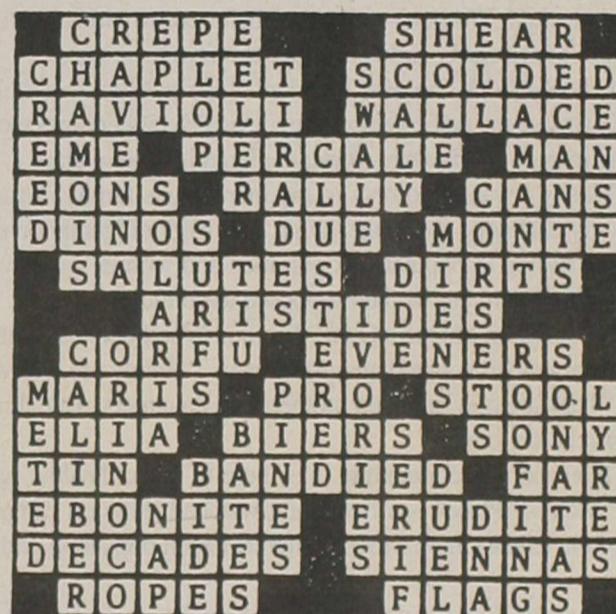
Extra Income for '95

Earn \$500 - \$1000 weekly stuffing envelopes. For details - RUSH \$1.00 with SASE to: Group Five, 57 Greentree Drive, Suite 307, Dover, DE 19901.

Hi, Munchkin, Cristina, Sonali, Julie, Karen and Sheryl! Happy Birthday Julie!

Love, Julia and Elba

Solution to the Puzzle on p.5



**Look for the next issue of
The New View in April**

Mission: Separate But Unified?

Continued from p.2

"Our entering Chalon freshman regularly rank in the top 25% of their high school classes and Doheny students are admitted on the basis of their academic promise."

Do these statements indirectly present an image of Doheny students as those who are not smart, but have the potential to attain the skills and intelligence to become a student at Chalon?

One person interviewed felt "even though Chalon and Doheny share one mission, the means by which it is carried out may be different due to the operation of each campus."

Mari Wadsworth, Associate Dean for Student Affairs, feels "as long as we recognize and accept we are one college, and our ultimate objec-

tive is the same - educating women - and both campuses have that value in mind when they plan, the semantics are irrelevant."

"We are two campuses with one mission, but the needs of the students for each campus varies," said Doheny ASB President Sunnie Schwass. While Chalon students are more independent in preparing for the future, students at Doheny are provided a more nurturing environment to help them transfer to a four year institution. "I feel Doheny is a stepping stone to smooth out the kinks that we might have," said Schwass.

Just as the face of each campus is different, so are the opinions of other students interviewed at Doheny.

Doheny ASB Vice-President Keisha Reed-McLean does not feel Doheny and Chalon co-exist with one mission.

She feels the students at

both campuses are strangers. "The only time we get together is for Horizons Day and Siena Day, then it is back to business as usual."

Reed-McLean would like to see more programs that bring Doheny and Chalon together, so students can become acquainted with the services offered, the faculty, and other students.

"I don't really know how it is at Doheny, but when I am in class I don't notice any differences between Chalon and Doheny students," says Kathy Phillips, "though class time is the only time I meet girls from Doheny."

Other Chalon students interviewed provided a mixture of opinions. A few students agreed with Phillips, saying they only meet Doheny students in class.

Some students felt there should be a collective effort made to have programs which bring both campuses together more often.

A few Doheny transfers said they do perceive a difference between Chalon and Doheny, but they also notice each campus has a different set of students with differing needs.

Solutions to bring both campuses together is and has always been a primary concern at the Mount.

One program which was implemented at the beginning of the 1994 - 95 school year was Inter-campus Orientation.

This event brought together incoming freshman and current student volunteers.

According to the Dr. Jane Lingua, Dean of Student Affairs, "The Trustee Student Life Committee constantly dis-

cusses ways to bring the campuses together while preserving the uniqueness of each program. In addition to this, major committees always consider important issues from the prospective of each campus."

Currently, efforts are being made by some students to revive a club for both Chalon and Doheny students.

Despite the differing opinions as to whether Chalon and Doheny are separate but equal, there is still the single mission of the College.

Dr. Lingua believes, "While there is no question that we must continue to improve the governance of the two campuses as one college, the commitment to come together, to work with each other, and to support and celebrate each other is undeniable."

My View . . .

by Andrea Graybehl
opinions coordinator

But, you may say, what relationship is shared between sisterhood and women's colleges? I will try to explain. When I decided to explore the connotations of sisterhood, I sat alone on the dilapidated sofa in second floor Brady lounge and began to wonder what the idea of women as a collective body intimated. "Sisterhood" might mean simply a few remarks about feminist Robin Morgan's declaration, "Sisterhood is powerful." Or, I may allude to the literal definition of sisterhood according to Webster's Dictionary. Insofar I have shirked my duty to illustrate any correlation concerning women's colleges and sisterhood. But to make amends, I am going to show you how I arrived at the conclusion that women's colleges must assume the responsibility of developing resources which bring women together.

Perhaps I would be accused of naive idealism when I applied exclusively to women's colleges. I wanted to meet other women who frequented protest rallies, scribbled furiously into dog eared journals, and poured over back issues of Ms. magazine.

I never met those women in high school; instead, "lesbian feminazi bitch" was spray painted on my gym locker. Women's colleges, I believed, would attract intelligent, passionate, activist women who didn't necessarily feel compelled to shave their legs.

I chose MSMC because I read all of the statistics that told me that attending a women's college would increase my self-esteem, give me a 10% higher chance of seeing my name on the Fortune 500 list, and remove all pressure to wear colored lip goo to class.

Mostly I wanted to brag to my incredulous family of the numerous progressive females who constantly challenge me create, laugh, and work diligently on saving the world. I wanted sisters.

According to popular folklore, men and women can never be friends. If canine is man's best friend, with whom are women supposed to confide?

In "A Room of One's Own," Virginia Woolf delineates literature's ploy to generate conflict in a plot when woman is pitted against woman. "Rarely are two women represented as friends," Woolf says. "They are now and then mothers and daughters. But almost without exception they are shown in their relation to men."

Television, like literature, does little to depict healthy relationships between women. The hit show "Melrose Place" is a frequently watched show on campus. I am guilty of parking myself in front of the television on Monday nights; I even bop along with the theme music during the opening credits.

However, I am not oblivious as to how the six women on the show are portrayed as power hungry, psychotic, promiscuous, and dysfunctional. The only episodes in which the female characters interact is during confrontations over the men of "Melrose Place." Heather Locklear's character "Amanda" is reduced to "scraggly haired whore" by the viewers when she smooches with the most despicable male character on the show. Granted that "Amanda" is the character we love to hate, but I find it disturbing that media doesn't realize that women often enjoy the company of other women.

The consensus on this campus is that sisterhood is absent because women must lie, cheat, and steal to get the attention and praise of professors.

Is there so much competition to get an "A" in a class that women won't help her classmate for fear that she will lose the advantage of knowing the material better?

Horror stories continually circulate about how dangerous it is to study with some women because they will purposely give wrong answers when pressed for information. Competition will drive some to work harder while others feel they must resort to back stabbing as a means to stay ahead of the class. While the dilemma of excessive competitiveness exists on every campus, the effects are especially damaging to sisterhood.

If women don't help and support each other, we will never rise. Women's colleges should not coddle their students; the institution must provide challenging curriculum which stimulates their students to grow to their greatest potential. However, much of the back-biting competition generates from insecurity.

Women are constantly lectured on their physical, intellectual, and emotional inferiority to their male counterparts. When females are told that they must learn to play the "man's game" to survive in the world, the results are comparable to stuffing stones in her pocket and pointing her towards the sea. Women's colleges must teach their students about self-worth so that the women will stop perceiving women to be the enemy.

The importance of women's colleges in perpetuating sisterhood is predicated on the fact that women are still regarded as second-class citizens, that women were denied equal education for centuries, and that women suffer from mild depression ten times more frequently than men. Women cannot align and conquer the oppression delineated by patriarchy if we loathe and discriminate against each other.

Want to share your View with the campus? Send Andrea Graybehl a note, addressed to "The New View, box 52"

On Motherhood

by Takeisha Smith
staff writer

There are a lot of people who will tell you that babies and books are like oil and water - the two just don't mix. I have found that the two may not mix, but they can certainly coexist.

I am twenty years old and the mother of a two year old girl. I opted to stay in school while raising my daughter. I knew when I became pregnant that it was going to be difficult, but I welcomed the challenge.

I became pregnant after my first year at Mount St. Mary's. I had already registered for that next school year and still planned to go after I found out.

I started my second year in college four months pregnant. Just like I figured, everything went along smoothly.

The only real problem at that point was an occasional aching back.

Other than small problems such as that, my second year in college was really not very different than the first.

After my daughter was born, I had to adjust to her constant demands. This, along with some complications late in the pregnancy, forced me to take a leave of absence during my second semester.

I had initially planned on taking only two weeks off from school.

I know now that was not realistic, because giving birth was a draining experience for me. I needed that semester to

fully recover from my complications as well as to bond with my newborn daughter.

Some working mothers take maternity leave for six months. Mothers going to school need that same kind of break.

When my friends and family found out I was pregnant, they constantly asked me if I was going to continue in school.

They seemed to think of my unborn child as a barrier to my success. I felt that was an odd assumption for people to make. Having a child is no reason to stop your education.

I soon found out how hard it really is to raise a child while going to school.

I learned to look at it optimistically. I decided that if my mom could work full time while raising my sister and myself, I could certainly handle school and my daughter.

It does undoubtedly create stumbling blocks, especially in terms of finances, spare time, and rest.

Even though raising a child can be challenging and frustrating, it is not impossible to handle.

It is possible to be an "at-school mom" as opposed to an "at-home mom," or "at-work mom."

Giving life to another human being is one of the most beautiful experiences a woman can have.

Continuing your education in spite of an unplanned pregnancy is one of the smartest things a woman can do.